



NEBRASKA Nutrition And Physical Activity
Self-Assessment for Child Care

Nebraska Strong

Implementation of the Nutrition & Physical Activity Self-Assessment for Child Care (Go NAP SACC)

Presented By:

Zainab Rida, PhD, RD, LMNT, CTOP - NE Department of Education

Emily Hulse, MS – Children's Center for the Child & Community

Agenda



- Introduction
- Implementation
- Online System
- Evaluation & Outcomes
- Integration into Step Up to Quality
- Next Steps





Introduction



Weight Status of Nebraska Children



1 in 3 children in Nebraska is either overweight or obese!

- Number of children (2-5 years), receiving WIC services with a BMI at or above the 85th percentile
 - 2014 = 30.4%
 - 2015 = 29.1%



Nebraska

Early Child Care and Education Programs



- **Current Facilities: 3,043**
 - Includes child care centers, family child care homes, and preschools (both licensed & provisional)
- **Facility Capacity: 87,936** children
- **Child and Adult Care Food Programs (CACFP) NE Participation**
 - **2,809** child care facilities
- **Children in Nebraska** (American Community Survey, 2013)
 - Estimation of children under age 6: **156,437**

Healthy, Hunger-Free Kids Act of 2010



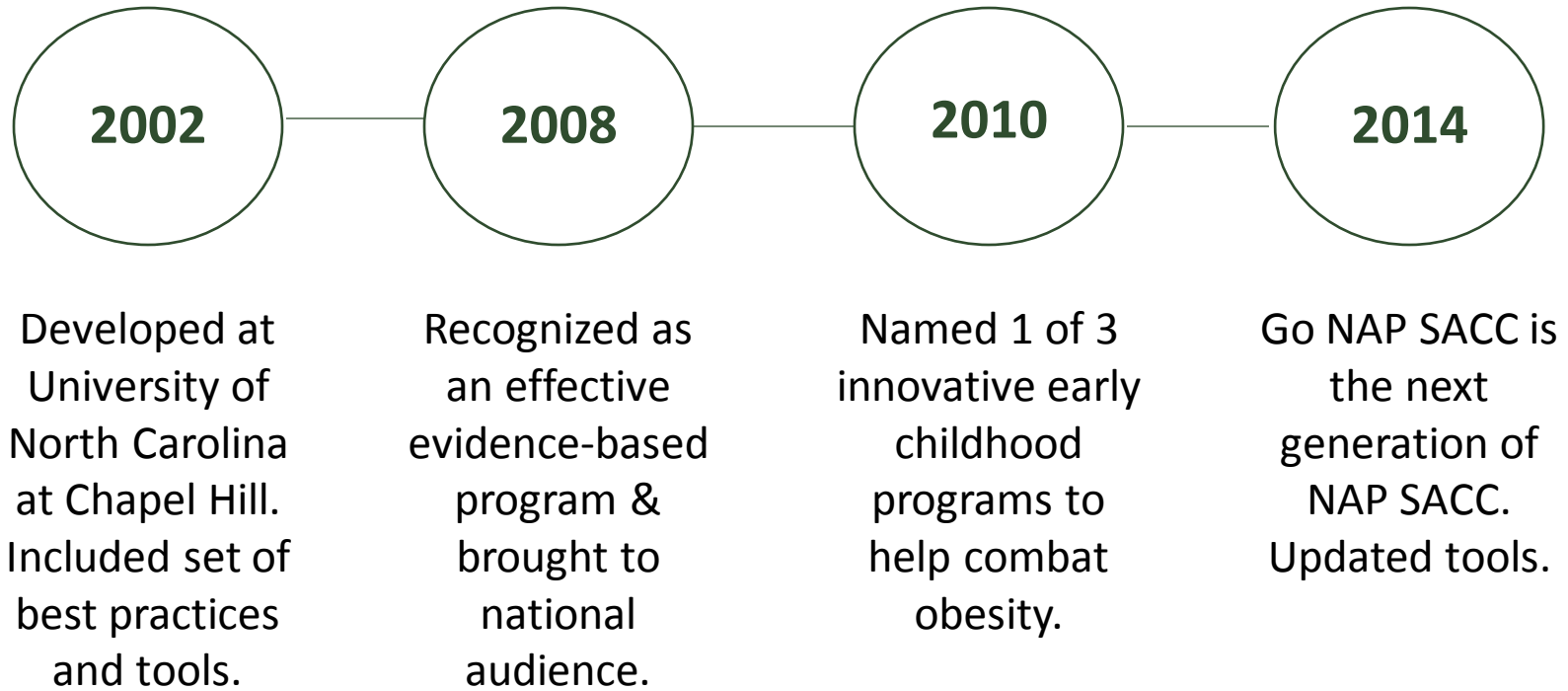
Called for CACFP participating child care facilities to:

- ✓ Receive education & encouragement focused on providing children with meals and snacks consistent with the 2015 Dietary Guidelines for Americans
- ✓ Provide daily opportunities for structured & unstructured age appropriate physical activity
- ✓ Limit the use of electronic media to an appropriate level



Go NAP SACC provided an evidence based process to help meet this act!

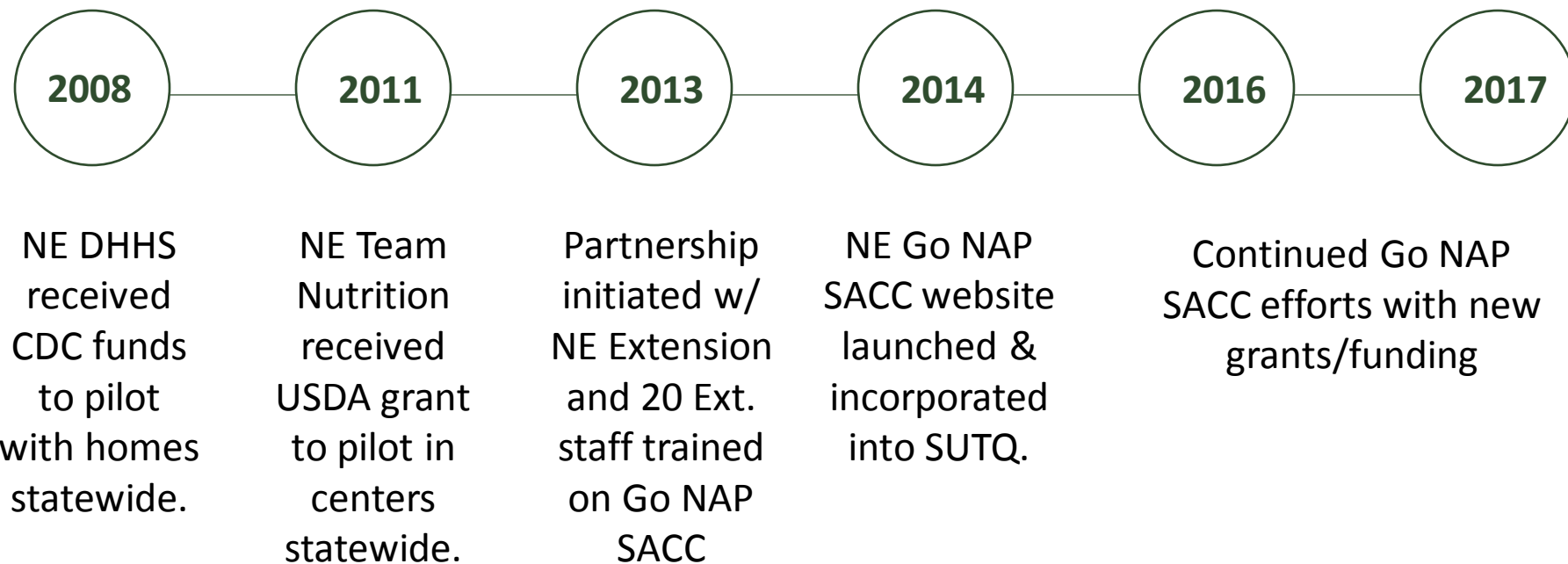
Background on NAP SACC



NC Go NAP SACC website

<https://gonapsacc.org>

NE Go NAP SACC History



Successful outcomes of grants has allowed the NE Go NAP SACC program to expand and build on what early years established.

Sustained by Pooled Local & State Funds



31st Annual National CACFP Conference
San Diego, CA · April 18-20, 2017



Implementation



Key Elements of the Go NAP SACC Process



- ✓ Complete a Pre Self-Assessment
- ✓ Attend a Go NAP SACC training
- ✓ Develop an Action Plan
- ✓ Reach your Goals
- ✓ Complete a Post Self-Assessment



Go NAP SACC Trainings



- Core Training consists of the following modules:

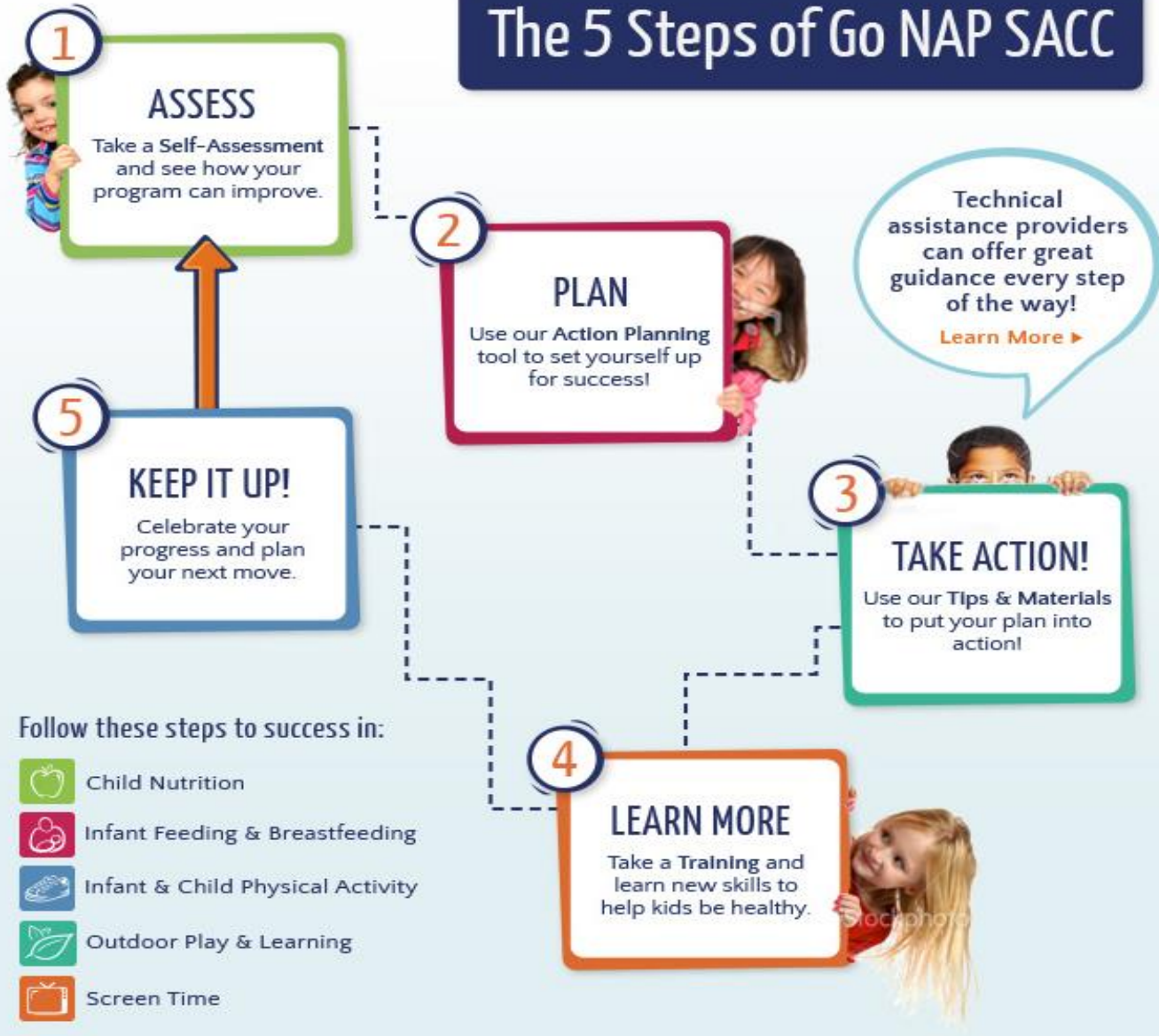
1. Introduction to Childhood Obesity
2. Breastfeeding & Infant Feeding
3. Nutrition for Young Children
4. Infant & Child Physical Activity
5. Personal Health & Wellness
6. Working with Families








- Total of 6 hours to deliver all 6 modules

- Variety of Delivery Modes for Trainings
 - One day workshop (typically Saturdays are best for family child cares)
 - Split into six, one-hour workshops over staff meetings, nap times, etc.
 - Split into two, three-hour or three, two-hour workshops
- Utilize mode that works best for trainer and child care facilities
- Trainings include hands on, skill building activities

The 5 Steps of Go NAP SACC



Follow these steps to success in:

-  Child Nutrition
-  Infant Feeding & Breastfeeding
-  Infant & Child Physical Activity
-  Outdoor Play & Learning
-  Screen Time



Online System



NEBRASKA Nutrition And Physical Activity
Self-Assessment for Child Care

[What is Go NAP SACC?](#)

[How can Go NAP SACC help child care providers?](#)

[How does Go NAP SACC fit into Step Up to Quality?](#)

Sign-in

Email:

Password:

[**Create New Account**](#)

[Forgot Your Password](#)

Upcoming NE Go NAP SACC Training Dates

[Click here to download](#)

Go NAP SACC Online System



<http://negonapsacc.unl.edu>

- Launched in August 2014
- Developed by UNL's Nebraska Center for Research on Children, Youth, Families, and Schools (CYFS)
- **Purpose:** One central place to capture the NE Go NAP SACC specific data and information for providers, partners, and trainers.

3 types of accounts:

- 1.) Provider account
- 2.) Go NAP SACC trainer account
- 3.) Administrator account



Nebraska Go NAP SACC Reach



The table below reflects how many child care homes and centers to date are in the NE Go NAP SACC online database and where they are at in the process.

	Homes	Centers
Total Number of ECEs to Date	394	255
Initial Profile Completed	29	26
Pre-Assessment Completed	365	229
Post-Assessment Completed	209	103
No. of Step up to Quality ECEs	80	118

Demonstration of Online System





Evaluation & Outcomes



NE Go NAP SACC Evaluation Efforts



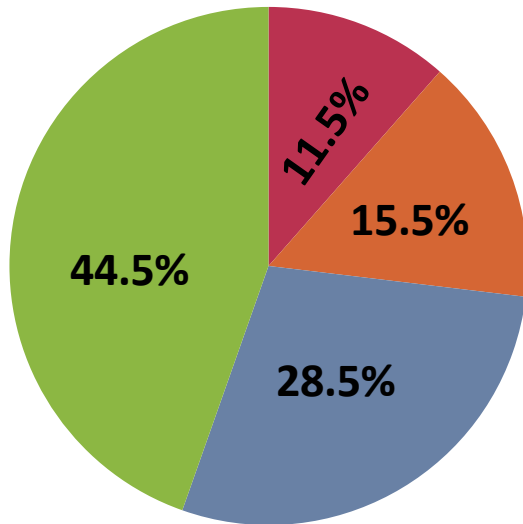
State Partners	Trainers	Providers
Annual Partnership Meeting	Training Evaluations from workshops	Pre & Post Self-Assessments
Annual Partner Survey	Annual Focus Group & Survey	Director Feedback Survey
	Program Monitoring Guides	
	Annual Professional Development Opportunity	
	Annual Trainer Update	

Changes in Best Practices for Family Child Cares

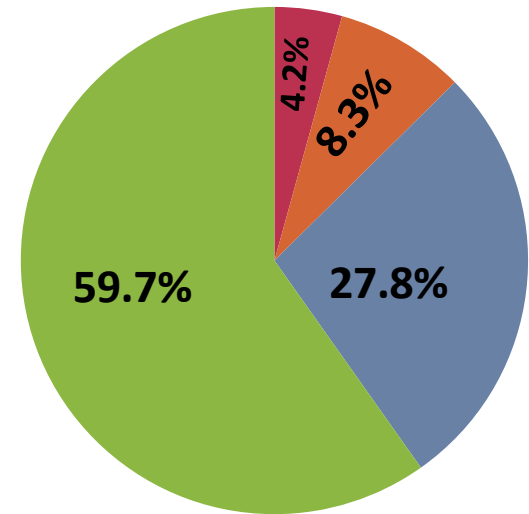


n=209 facilities

Pre Assessment



Post Assessment



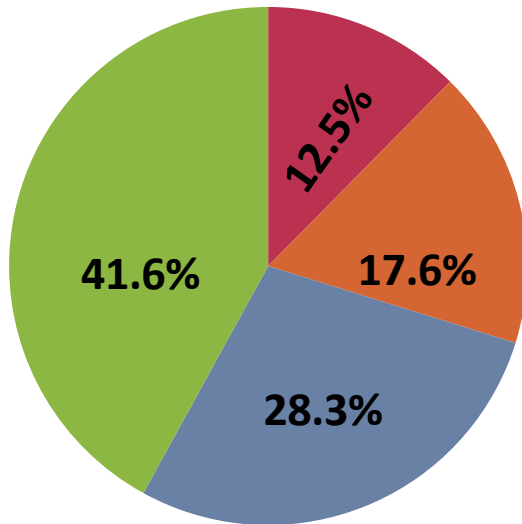
- Not Achieving Best Practices
- Starting to Achieve Best Practices
- Nearly Achieving Best Practices
- Achieving Best Practices

Changes in Best Practices for Child Care Centers

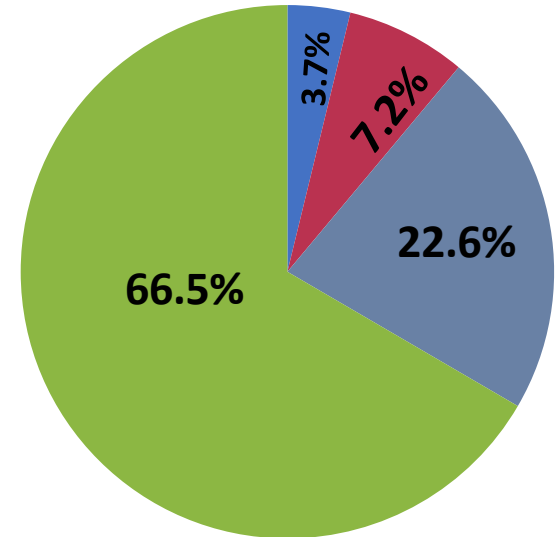


n=103 facilities

Pre Assessment



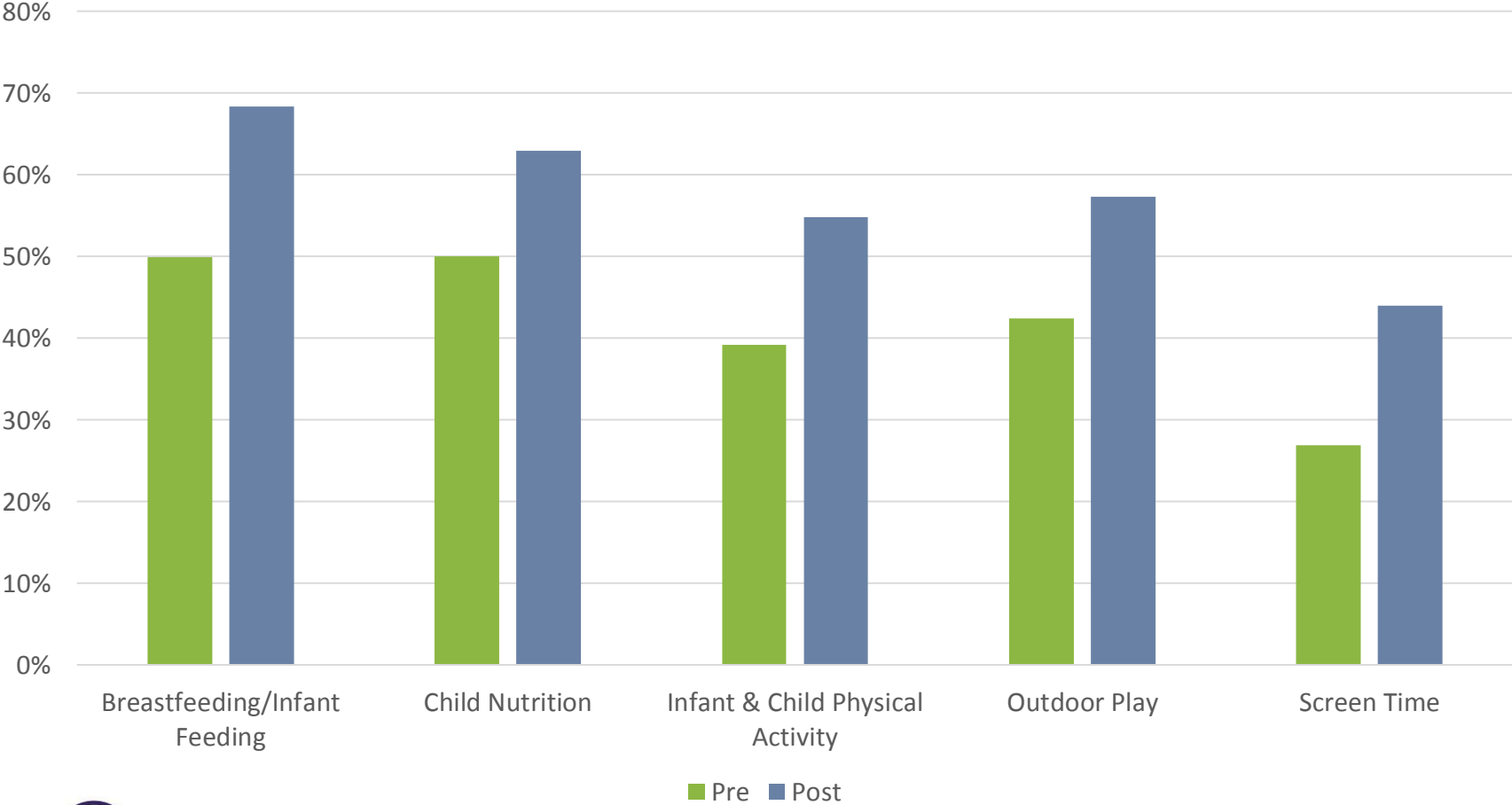
Post Assessment



- Not Achieving Best Practices
- Starting to Achieve Best Practices
- Nearly Achieving Best Practices
- Achieving Best Practices

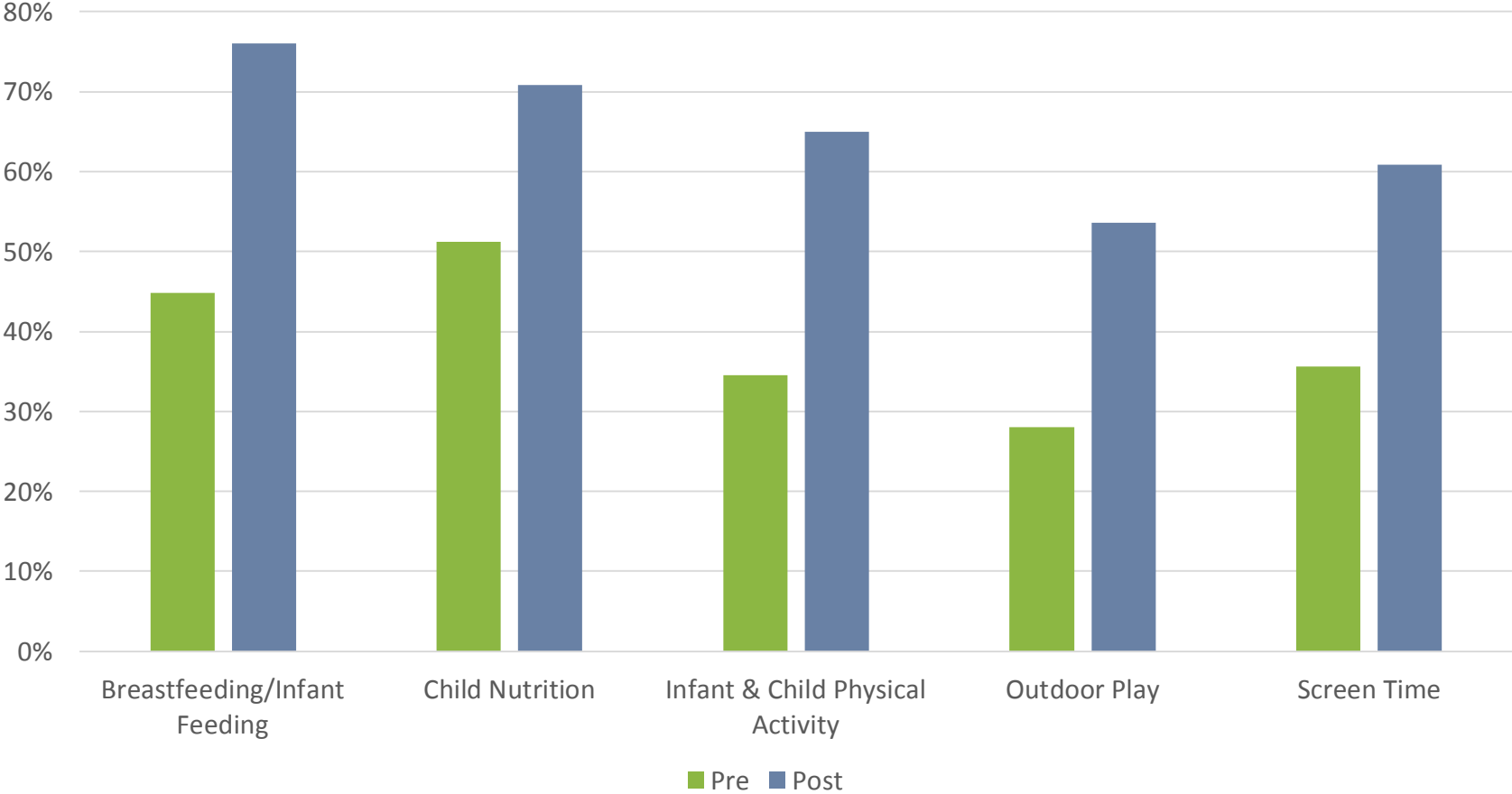
Average Changes by Assessment Area for Family Child Cares

n=209 facilities



Average Changes by Assessment Area for Child Care Centers

n=103 facilities



Go NAP SACC Success Stories



“Our center had been slowly making improvements to our menu and had several ideas about incorporating more nutrition and physical activity into our curriculum. With the help of Go NAP SACC, we have now been able to make the menu changes we wanted, improve our policies and introduce both nutrition and physical activity curricula into our classrooms. We are grateful to Go NAP SACC for helping us achieve our goals.”

- Child Care Center Director (Grand Island, NE)



“I feel Go NAP SACC has helped me grow as a child care provider and was easy to implement into Family Child Care. I really appreciated all of the free resources that were available through Go NAP SACC.”

- Family Child Care Owner (Fremont, NE)





“We had a wonderful experience with Go NAP SACC. After completing the training we began immediately to incorporate new nutrition policies and procedures. We were originally not willing to try the family style dining. However after the training, we started to incorporate family style dining in our preschool groups during snack. We are working towards doing family style meals most of the time with all of our age groups.”

- Child Care Center Director (Crete, NE)



Integration Into



Step Up to Quality

Step Up to Quality



- Step Up to Quality (SUTQ) is an **early childhood quality rating and improvement system**, which was implemented in NE in July 2014
- **Primary goal:** To improve early care and education quality and increase positive outcomes for young children
- 212 participating programs in Step Up to Quality
 - Step 1 Programs: 117
 - Step 2 Programs: 57
 - Step 3 Programs: 32
 - Step 4 Programs: 3
 - Step 5 Programs: 3
- <http://www.education.ne.gov/StepUpToQuality/>



How does Go NAP SACC fit into NE Step Up to Quality?



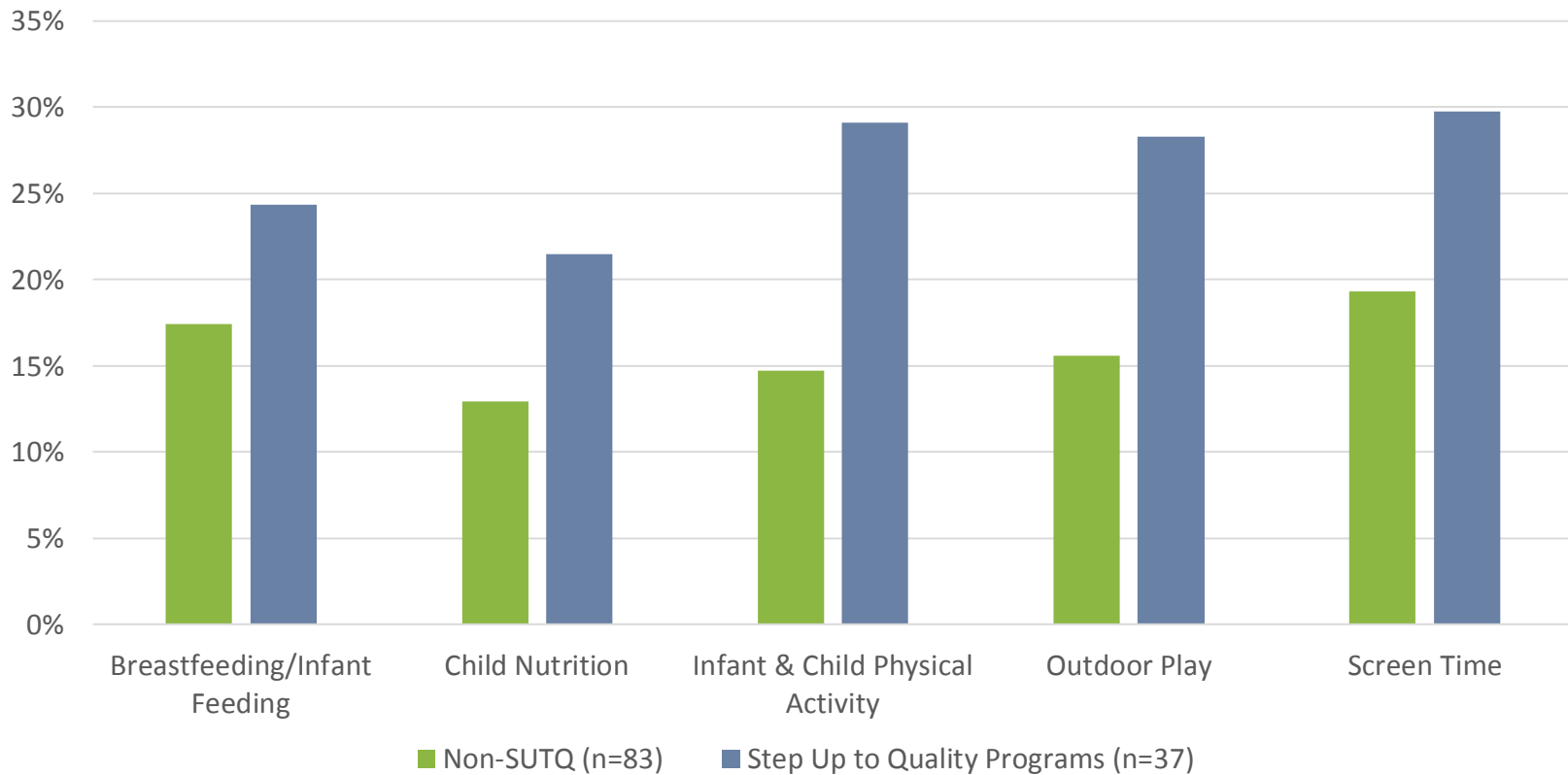
- Go NAP SACC is required in Step 2 of Step Up to Quality:
 - View the Go NAP SACC orientation video*
 - Complete Go NAP SACC pre self-assessment*
- Additional points (up to 14) may be earned with Go NAP SACC in Steps 3-5 of Step Up to Quality by:
 - Attending a Go NAP SACC training (6 hour minimum) – 1 pt
 - Submitting a Go NAP SACC Action Planning Document* - 2 pts
 - Completing the post self-assessment* and receive points for the number of best practices met – up to 9 pts
 - Incorporating a nutrition and/or physical activity curriculum – 2 pts

***Available online at: <http://negonapsacc.unl.edu>**

Step Up to Quality Data Outcomes



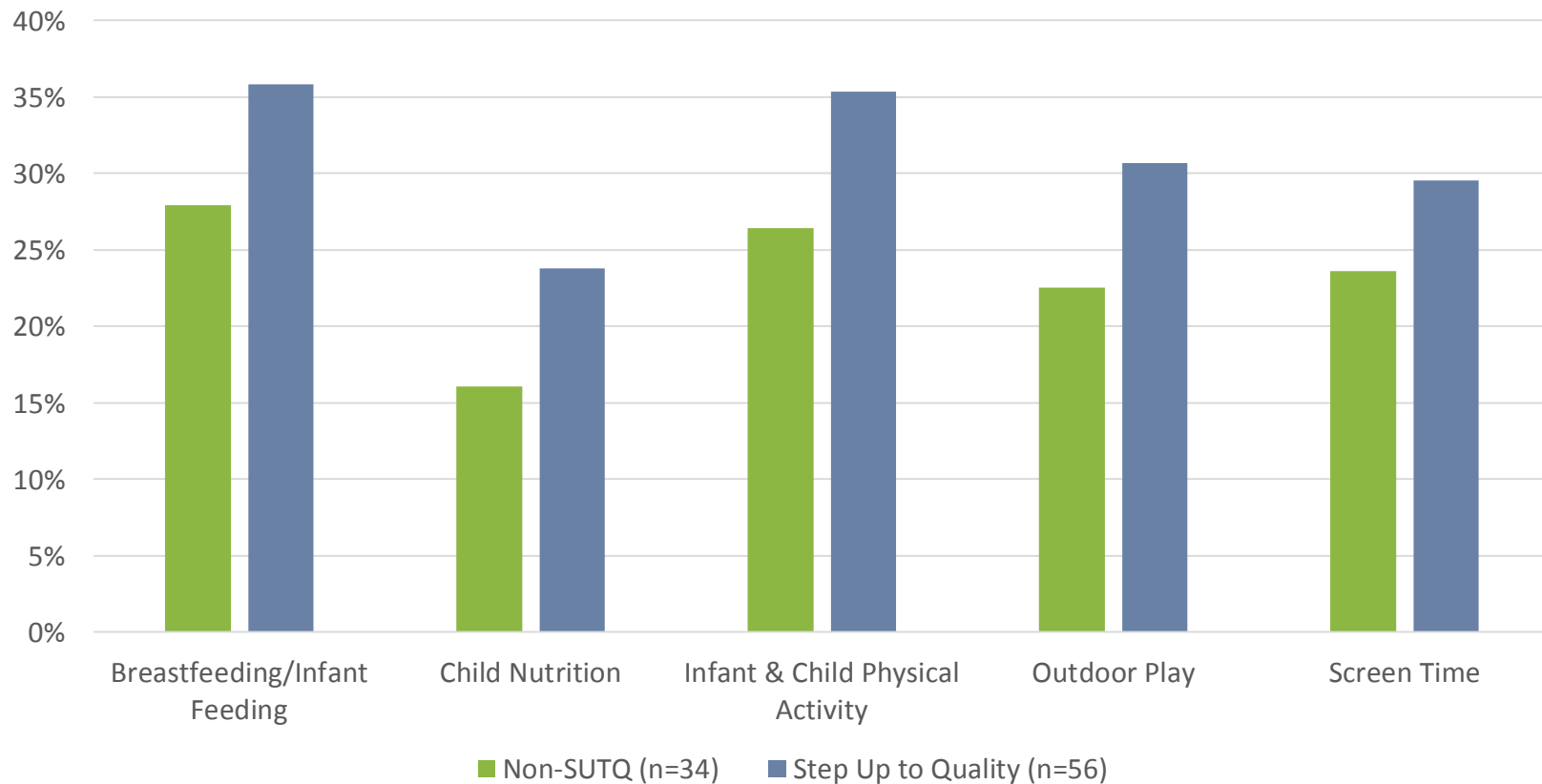
Family Child Care - Difference in Pre/Post Assessment by Enrollment in Step Up to Quality

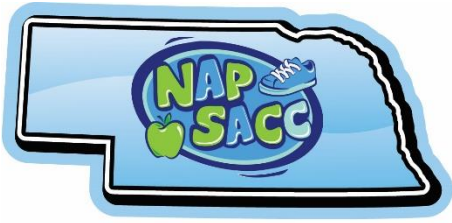


Step Up to Quality Data Outcomes



Child Care Centers – Differences In Pre/Post Assessment by Enrollment in Step Up To Quality





Next Steps



Next Steps for NE Go NAP SACC



- Create a Go NAP SACC Graduate/2.0 Course
- Make core Go NAP SACC training available in online format
- Develop additional supplemental, related learning modules
- Improve the amount and type of physical activity resources
- NE Team Nutrition Early Childhood Project (2016-2019)
- “Energizing Early Childhood Professionals in Shaping the Health of the Whole Child” 2017 Conference



Questions



Contact Information



Please feel free to contact us with any questions:

- ❖ Zainab Rida, PhD, RD, LMNT, CTOP – Team Nutrition Director
E-mail Address: Zainab.Rida@nebraska.gov
- ❖ Emily Hulse, MS – NE Go NAP SACC Coordinator
E-mail Address: ehulse@childrensomaha.org

