

How Pennsylvania Child Care Centers are Preventing Childhood Obesity



pa **nutrition** AND **physical activity** self-assessment FOR child care

The Pennsylvania Nutrition and Physical Activity Self-Assessment for Child Care (PA NAPSACC) is a continuous quality improvement (CQI) process focused on nutrition and physical activity practices and policies within early care and education (ECE) settings. The program utilized a state-specific assessment tool through June 2019 and has since transitioned to the nationally recognized Go NAPSACC tool. The PA NAPSACC CQI process guides providers through self-assessment, action planning, implementation, policy development, re-assessment and reflection. Participation empowers program leadership and includes individualized technical assistance to increase knowledge and improve the quality of ECE environments. To learn more about PA NAPSACC, please visit: <https://www.keystonekidsgo.org/pa-napsacc.html>

2018-2019 PA NAPSACC Participation



84
child care centers



36
child care health consultant linkages



10,074
children impacted

Physical Activity



Professional Development
89% improved professional development and education on physical activity.



Policies
63% improved or developed new physical activity policies.



Practices
55% improved physical activity practices, including more time and space for physical activity.

Nutrition



Professional Development
77% improved professional development and education on nutrition.



Policies
58% improved or developed new nutrition policies.



Offerings
42% improved nutrition offerings, including more fruits and vegetables and fewer fried and sugary options.

Note: Data combined for centers serving infant/toddler and preschool aged children during analyses.

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