

How Pennsylvania Child Care Programs 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 childhood education (ECE) settings. The program utilized 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>.

2020-2021 PA NAPSACC Participation and Impact

One hundred ECE programs were selected to participate in PA NAPSACC in January 2021. The program typically runs from October to June, in alignment with the school year. The start of the program was delayed to allow ECEs to adjust to COVID-19 restrictions. By June 2021, 63 of these ECE programs successfully completed the program. Twenty-nine of the 63 ECE programs who participated in PA NAPSACC were located in counties with high rates of childhood obesity and/or food insecurity.



63 ECE programs from 29 counties



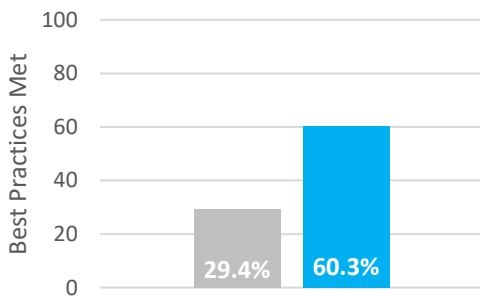
729 ECE providers



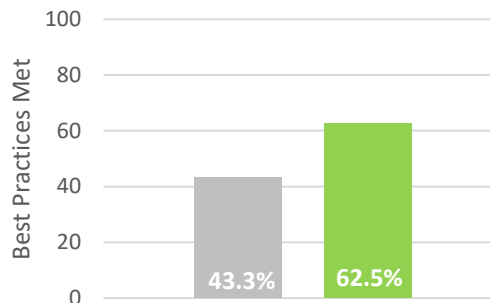
3,166 children served

The participating ECEs completed the Go NAPSACC child nutrition and physical activity self-assessments at both the start and end of the program. These assessments measured the percentage of nutrition and physical activity best practices being implemented in each program. Examples of best practices included: food and beverages provided, indoor and outdoor play environment, teacher practices, education and professional development and policy.

Physical Activity: Participating ECE programs, on average, implemented a greater percentage of recommended physical activity best practices **after PA NAPSACC**.



Child Nutrition: Participating ECE programs, on average, implemented a greater percentage of recommended child nutrition best practices **after PA NAPSACC**.



“I liked being able to choose improvement areas myself and the great feedback on my newly written policies.”

“This was a wealth of information, resources, and support.”

All participating ECEs received support from a childcare health consultant to establish or improve physical activity and nutrition policies to help sustain the achieved best practices. These policies can cover topics like foods and beverages provided to children, time spent on physical activity, teacher practices, professional development and education for families.



47% established a new physical activity policy



36% enhanced an existing physical activity policy



45% established a new child nutrition policy



45% enhanced an existing child nutrition policy

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