

How Pennsylvania Child Care Programs are Helping to Prevent Childhood Obesity



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

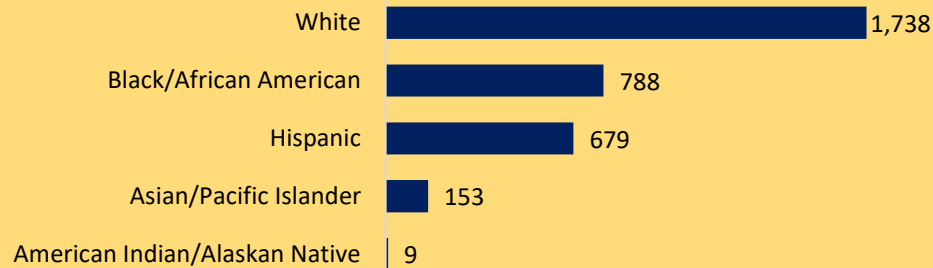
The Pennsylvania Nutrition and Physical Activity Self-Assessment for Child Care (PA NAPSACC) is a continuous quality improvement (CQI) process focused on nutrition and physical activity practices and policies within early childhood education (ECE) settings. The program utilizes the nationally recognized 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 staff knowledge, improve the quality of ECE environments and establish sustainable practices and policies. To learn more about PA NAPSACC, please visit:

<https://www.keystonekidsgo.org/pa-napsacc.html>.

2021-2022 PA NAPSACC Participation and Impact

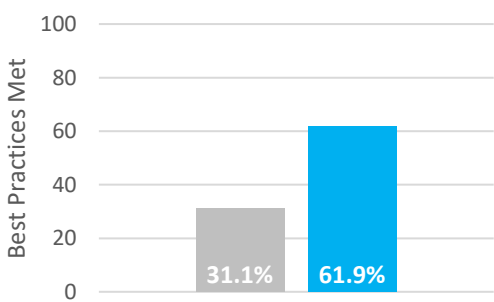
One hundred ECE programs were selected to participate in PA NAPSACC in September 2021. The program began in October 2021. By June 2022, 61 of these ECE programs successfully completed the program. Thirty of the 61 ECE programs who participated in PA NAPSACC were located in counties with high rates of childhood obesity and/or food insecurity.

The 61 ECE programs that completed the program were from 18 counties and had a combined total of 604 staff. 51.6% of the 3,367 children served by these programs were White, 23.4% were Black or African American and 20.2% were Hispanic. Less than 5% of the children served were either Asian, Pacific Islander, American Indian or Alaskan Native.

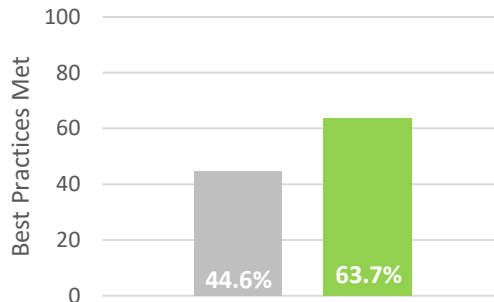


The participating ECEs completed the Go NAPSACC child nutrition and physical activity self-assessments at both the start and end of the program. These assessments measured the percentage of nutrition and physical activity best practices being implemented in each program. Examples of best practice areas 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 really enjoyed the support in creating policies, it is nice to have someone go over them and offer ideas and suggestions.”

“The PA NAPSACC experience was very helpful and our center and programs improved because of it.”

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.



46% established a new physical activity policy



44% enhanced an existing physical activity policy



50% established a new child nutrition policy



46% enhanced an existing child nutrition policy

This report was created with funding provided by the PA Department of Health through the State Physical Activity and Nutrition and Preventive Health and Health Services Block Grants from the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention.

