

Nutrition and Physical Activity Self-Assessment in Child Care (NAP SACC)



improves nutrition and physical activity environments in childcare.

One quarter of children ages 2-5 are overweight or obese and three-quarters of children ages 3-6 years are in day-care. These children eat up to three meals and snacks per day and experience most of their daily physical activity in daycare settings.

NAP SACC targets nutrition and physical activity policy in child care settings by targeting the:

- nutritional quality of food served,
- amount and quality of physical activity,
- staff-child interactions, and
- facility nutrition and physical activity policies and practices.

Research proves NAP SACC's success:

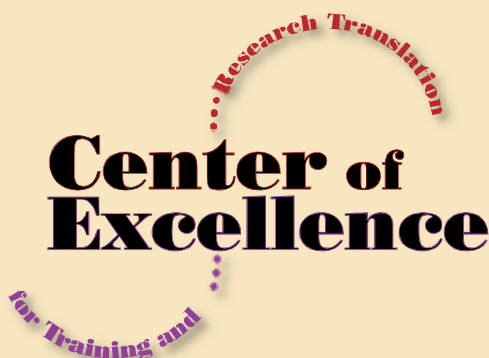
NAP SACC was studied in a randomized controlled trial involving 82 total centers (56 received NAP SACC and 26 served as the comparison group). Child care centers completing most or all of the NAP SACC components improved their nutrition and physical activity policies and practices more than control facilities.

Key steps of NAP SACC include:

1. **Self-assessment:** Identify strengths and needs for improvement re: healthy eating practices and regular physical activity.
2. **Goal Setting and Action Planning:** Set goals for change.
3. **Continuing Education for Child Care Providers:** Increase staff confidence to make healthy changes through skill building activities.
4. **Technical Assistance and Consultation:** Link facilities to resources to provide assistance.
5. **Follow-up and Reinforcement:** Check-in with facilities to assess progress and develop plans for continuous positive changes.

NAP SACC Implementation Materials and Training are available online at www.center-trt.org:

- **Template** – presents essential information about intervention
- **Materials** – contain the toolkit components
- **Training** – guides practitioners in a step-by-step process for implementation



The Center of Excellence for Training and Research Translation (Center TRT) is devoted to bridging the gap between research and public health practice with an emphasis on nutrition, physical activity, and the prevention and control of cardiovascular disease and obesity.

To advance the skills of public health practitioners, the Center TRT provides in-person and web-based trainings. To promote evidence-informed practice, the Center TRT identifies, translates and disseminates interventions, including the one featured above. To download the translated intervention and accompanying materials, visit the Center TRT website at www.center-trt.org

The Center TRT is based in the Center for Health Promotion and Disease Prevention at the University of North Carolina at Chapel Hill and is funded by CDC Cooperative Agreement Number 1-U48-DP001944-01.