

Nebraska SNAP-Ed: Nutrition and Physical Activity Self-Assessment for Childcare (NAP SACC)



Go NAP SACC in Nebraska is one of Nebraska SNAP-Ed's strongest environmental strategies. *In FY16, SNAP-Ed/Go NAP SACC worked with 28 childcare facilities and indirectly reached 1,082 children. Of the 28 childcare facilities, 15 sites were childcare centers and 13 sites were childcare homes.*

The Nebraska Extension Go NAP SACC trainers are part of a larger team of trainers that serve childcare providers across Nebraska. The statewide Go NAP SACC team consists of 33 NAP SACC trainers and consists of 11 individuals funded by SNAP-Ed, 10 funded by Nebraska Extension and 12 funded by other organizations.

The team of Go NAP SACC trainers and the Go NAP SACC project are funded by four sources, which include:

- SNAP-Ed (personnel)
- Nebraska Extension (personnel)
- Nebraska Department of Health and Human Services, Department of Children and Family Services (personnel, professional development, travel expenses)
- Nebraska Department of Education – Team Nutrition (training expenses, operating expenses, mileage and programming expenses)

The success of the Nebraska Go NAP SACC team is truly a reflection of the collaborative effort of all of the funders. While this document highlights the impact of Go NAP SACC within the SNAP-Ed target population, the statewide Extension Go NAP SACC team worked with 47 childcare facilities, which included 123 childcare providers, and indirectly impacted 1,758 children.

Improvements After Go NAP SACC

After participating in Go NAP SACC, 70.6% of childcare providers met **child nutrition** best practices. (Pre = 48.3%, Post = 70.6%, ↑ 22%)

After participating in Go NAP SACC, 62.2% of childcare providers met **physical activity** best practices. (Pre = 40.0%, Post = 62.2%, ↑ 22%)

After participating in Go NAP SACC, 73.3% of childcare providers met **breastfeeding/infant feeding** best practices (Pre = 42.8%, Post = 73.3%, ↑ 30%)

Statewide Go NAP SACC partnership allows Nebraska SNAP-Ed to impact childcare at the environmental level.

Why target childcare?

- Over 12 million preschoolers attend childcare.
- Up to 5 meals/snacks are consumed each day.
- Improving the childcare environment (nutrition and physical activity) can help prevent childhood obesity.

Key Elements of Go NAP SACC:

1. Online self-assessment
2. Goal setting and action planning
3. Workshop delivery
4. Targeted technical assistance
5. Evaluate, revise and repeat

Childcare Provider Successes

Childcare providers that completed the Go NAP SACC process were asked to share some of the nutrition and physical activity goals that their program was able to implement successfully as a result of participating in NAP SACC?

I created a new menu cycle that eliminated high sugar foods and added increased amounts of whole grains and fresh produce. I revised our daily schedule to significantly reduce screen time. I created a new infant feeding plan. I revised my breastfeeding policy. I began using family style dining.

I started a garden with the kids in my daycare. I received many handouts and posters to promote the healthy habits that I learned about. I added details on the nutrition and physical activity my program offers to my policies with the help of my Go NAP SACC trainer.



“We successfully replaced all sugary drinks with water flavored with no added sugar.”

NAP SACC represents innovative programming

The Nebraska Extension Go NAP SACC team earned the Innovation in Team Programming Award from the Nebraska Extension administration and were presented with a plaque at the annual Nebraska Extension Fall Conference in Kearney, NE in November 2016.

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This material was funded in part by USDA's Supplemental Nutrition Assistance Program and Expanded Food & Nutrition Education Program (EFNEP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.

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