

NAP SACC

Follow-Up Results

The NAP SACC self-assessment tool helps early care and education programs compare their current practices with a set of healthy eating and physical activity best practices. The assessment employs the most up-to-date research on how early care and education programs can help children ages 0 to 5 develop healthy eating and activity habits. It focuses on five areas: child nutrition, breastfeeding & infant feeding, infant & child physical activity, outdoor play & learning, and screen time.

The Nutrition and Physical Activity Self-Assessment for Child Care NAP SACC assessment was administered to Early Childhood Wellness Project (ECWP) participants at the beginning (July-August 2013) and end (May-June 2014) of the project year. A follow-up NAP SACC was administered in February 2015 (approximately six months later) to participants who were enrolled at the end of the project year. The follow-up NAP SACC results were used to evaluate the immediate and sustained impact of the Early Childhood Wellness Project on policies and practices related to physical activity and healthy eating.

39
Total Respondents
Completed the
Follow-Up Survey

END OF YEAR SURVEY

34 (87%) demonstrated improvement or maintained high ratings of 3 or above on the end of year survey

PLAY ENVIRONMENT

28 (72%) demonstrated improvement or maintained high ratings of 3 or above on the end of year survey

SUPPORTING PHYSICAL ACTIVITY

31 (80%) demonstrated improvement or maintained high ratings of 3 or above on the end of year survey

PHYSICAL ACTIVITY
EDUCATION FOR STAFF,
CHILDREN AND PARENTS

26 (67%) demonstrated improvement or maintained high ratings of 3 or above on the end of year survey

PHYSICAL
ACTIVITY POLICY

35 (90%) demonstrated improvement or maintained high ratings of 3 or above on follow-up survey

PLAY ENVIRONMENT

31 (80%) demonstrated improvement or maintained high ratings of 3 or above on follow-up survey

SUPPORTING PHYSICAL ACTIVITY

PHYSICAL ACTIVITY
EDUCATION FOR STAFF,
CHILDREN AND PARENTS

25 (64%) demonstrated improvement or maintained high ratings of 3 or above on follow-up survey

PHYSICAL
ACTIVITY POLICY

23 (59%) demonstrated improvement or maintained high ratings of 3 or above on follow-up survey

FOLLOW-UP SURVEY

NAP SACC

Follow-Up Results

END OF YEAR SURVEY

27 (69%) demonstrated improvement or maintained high ratings of 3 or above on the end of year survey

MENUS AND VARIETY

25 (64%) demonstrated improvement or maintained high ratings of 3 or above on the end of year survey

FOOD OFFERED OUTSIDE OF REGULAR MEALS AND SNACKS

34 (87%) demonstrated improvement or maintained high ratings of 3 or above on the end of year survey

NUTRITION EDUCATION FOR STAFF, CHILDREN, AND PARENTS

23 (59%) demonstrated improvement or maintained high ratings of 3 or above on the end of year survey

NUTRITION POLICY

39
Total Respondents Completed the Follow-Up Survey

FOLLOW-UP SURVEY

29 (74%) demonstrated improvement or maintained high ratings of 3 or above on follow-up survey

MENUS AND VARIETY

FOOD OFFERED OUTSIDE OF REGULAR MEALS AND SNACKS

23 (59%) demonstrated improvement or maintained high ratings of 3 or above on follow-up survey

NUTRITION EDUCATION FOR STAFF, CHILDREN, AND PARENTS

25 (64%) demonstrated improvement or maintained high ratings of 3 or above on follow-up survey

NUTRITION POLICY

22 (56%) demonstrated improvement or maintained high ratings of 3 or above on follow-up survey



Kansas' most trusted child care resource.

EVALUATOR COMMENTS: A total of 39 respondents completed and returned the follow-up survey compared to 54 participants who completed and returned the post-survey at the end of the 2013-2014 project year, resulting in a 72% return rate for the follow up survey.

Results for the 2013-2014 Early Childhood Wellness Project Year