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.

### Follow-Up Results

#### Play Environment
- 34 (87%) demonstrated improvement or maintained high ratings of 3 or above on the end of year survey
- 28 (72%) demonstrated improvement or maintained high ratings of 3 or above on the end of year survey
- 26 (67%) demonstrated improvement or maintained high ratings of 3 or above on the end of year survey
- 35 (90%) demonstrated improvement or maintained high ratings of 3 or above on follow-up survey

#### Supporting Physical Activity
- 31 (80%) demonstrated improvement or maintained high ratings of 3 or above on the end of year survey
- 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

#### Physical Activity Education for Staff, Children and Parents
- 31 (80%) demonstrated improvement or maintained high ratings of 3 or above on follow-up survey

39 Total Respondents Completed the Follow-Up Survey

Results for the 2013-2014 Early Childhood Wellness Project Year
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