

How Pennsylvania Child Care Programs are Preventing 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 utilized 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 knowledge and improve the quality of ECE environments. To learn more about PA NAPSACC, please visit: <https://www.keystonekidsgo.org/pa-napsacc.html>

2019-2020 PA NAPSACC Participation and Impact

Childcare programs were significantly impacted by COVID-19 pandemic closures from mid-March to May 2020. PA NAPSACC timelines were extended through August 2020 to allow participating programs additional time to complete the CQI process.



77 ECE programs from 24 counties



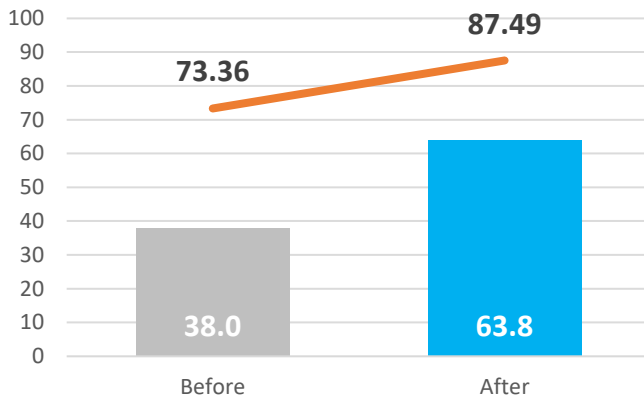
1,002 ECE providers



5,166 children served

Physical Activity

Participating ECE programs, on average, implemented 63.8% of the physical activity best practices **after NAPSACC** participation and significantly improved their physical activity **assessment scores**.

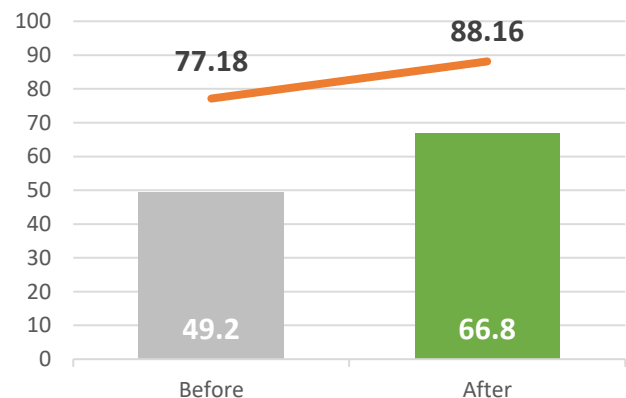


73% of participating ECE programs (56) either **established** or **expanded** their physical activity policies.

“The teachers held live physical activity lessons for parents and children to engage virtually. The teachers also prerecorded many physical activity and movements for families to practice at home.”
- ECE provider

Child Nutrition

Participating ECE programs, on average, implemented 66.8% of child nutrition best practices **after NAPSACC** participation and significantly improved their nutrition **assessment scores**.



70% of participating ECE programs (54) either **established** or **expanded** their nutrition policies

“Working with a nutrition coach helped me develop a better nutrition policy that allows me to incorporate foods into my program even though I wasn’t serving food and never thought of using cooking as a learning program.”
- ECE provider

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