



2019 – 2022

# Program Impact at a Glance

A program to promote healthy eating and physical activity in early care and education (ECE) programs in Arizona, Arkansas, Indiana, and Mississippi.

## Learning Collaboratives

Impact: Thirteen ECE Learning Collaboratives were implemented in two cohorts from 2020-2022. ECE programs participated in learning sessions focused on four key topics and utilized Go NAPSACC tools over a nine month period. Trainings were supported by individualized technical assistance to support program improvements.

### Program Characteristics

**Program Type**  
 Center: 62%  
 Family Child Care Home: 15%  
 Head Start: 14%  
 School based: 9%

**Served low-income families: 100%**  
**Participated in CACFP: 72%**  
**Served Infants: 78%**

**Average Years in Operation: 18**

### Process Metrics

**Self-assessments (SA) and Action Plans (AP)**  
 Number of Baseline SAs: 1,646  
 Number of APs Created: 1,483  
 Number of Follow-up SAs: 1,456

**Technical Assistance (TA)**  
 Total TA Time Provided: 1,375 hours  
 Average Number of TA Encounters per Program: 7  
 Average Time for TA Provided per ECE Program: 3.5 hours

422

ECE programs in low-income communities

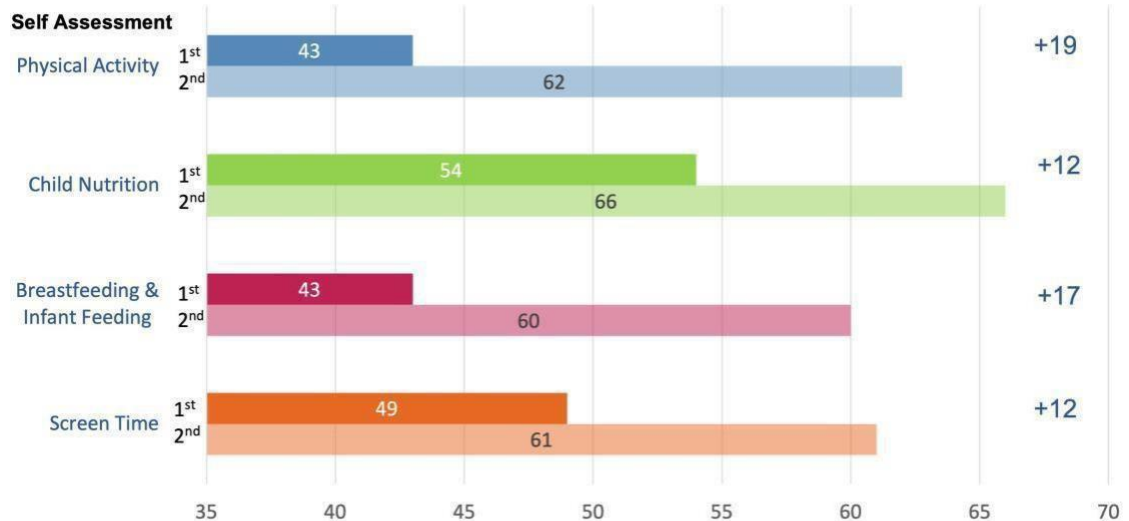
21,504

Children served by programs

1,078

ECE professionals trained

### Percent of Go NAPSACC Best Practices Achieved



The 1<sup>st</sup> Self Assessment is completed prior to start of the Learning Session. The 2<sup>nd</sup> Self Assessment is completed after the Learning Session, and the GO NAPSACC 5-step process, are completed. Numbers on the far right indicate the change in percent of Go NAPSACC Best Practices achieved.

## TESTIMONIALS

*"I'm most fond of our (new) breastfeeding room because I can relate to it, as well as many moms at our program."*  
 Open Heart Child Care, IN

*"I'm updating my written policies on infant and child nutrition. I believe this will help build a stronger relationship and help better educate parents."*  
 Rising Stars Day Care, AZ

*"Family dining. It's amazing to see children being so independent and careful. They also try new foods because they can pick what they want."*  
 Straightway Preschool Academy, AR

# Statewide Go NAPSACC

Impact: Go NAPSACC, an evidence-based tool, was made available to ECE programs across each state, and assistance was provided to improve program nutrition and physical activity standards.

**689**  
Statewide Go NAPSACC accounts created

**20,217**  
Children served by programs that completed at least one self-assessment

- Go NAPSACC Accomplishments:**
- 843 initial self-assessments were completed by 424 ECE programs.
  - The full Go NAPSACC "5-step Improvement Process" was completed 110 times. ECE programs completing the "5-step Improvement Process" achieved an average improvement in Best Practice Score of 15%.
  - Almost 200 Family Child Care Homes registered for Go NAPSACC accounts, representing 30% of the total.
  - While Child Nutrition and Physical Activity were the most utilized modules, Farm-to-ECE was the third most utilized module. Over 100 Farm-to-ECE self-assessments were completed.

## State-level Systems Change

Impact: State partners focused on six areas to embed healthy eating and physical activity standards in state ECE systems. Each state formed strategic partnerships to promote and sustain ECE initiatives.



Centers for Disease Control and Prevention's Spectrum of Opportunities

<https://www.cdc.gov/obesity/strategies/childcareece.html>

