Nutrition and Physical Activity in Child Care Impact Report

Nebraska’s Challenges

- NE ranks #5 in the country for the highest rate of obesity in low-income children ages 2-5.
- 35% of 2-5 year olds in NE are overweight or obese.
- 1 in 3 children under 5 receive care outside of their home.

Our Solution

Go NAP SACC (Nutrition and Physical Activity Self-Assessment for Child Care) is an evidence-based program for improving the health of young children through better nutrition and physical activity in early care and education programs. Go NAP SACC walks child care providers through a 5-step process to make healthy changes to their program.

Reach

- 83 child care centers/homes participated in the Go NAP SACC process, including:
  - 273 providers
  - 3,500+ children
  - 443 hours of technical assistance

Impact

NE Extension offers Go NAP SACC in 46 counties. The Go NAP SACC team includes 24 Go NAP SACC trainers:

- 14 funded by SNAP-Ed
- 1 funded by CHI-Health
- 2 funded by EFNEP
- 7 funded by NE Extension
Success Story

Lincoln Child Care Transforms Boring Parking Lot into Incredible Playground

Lincoln, NE:

When a Lincoln child care center first participated in Go NAP SACC, they were hardly achieving any best practices in the physical activity category. Their outdoor play area was an old parking lot. They had little to no outdoor equipment or shade for children to use. During the Go NAP SACC process, the child care center changed management. The new management/director had such a positive energy in regards to improving the site and was always asking for ways to increase their best practices being met. She was also smart and frugal with these changes since their budget was extremely tight. She ended up finding some wood on sale at a local hardware store and putting together a play area herself! They found playground equipment from garage sales. There was nothing outside when they started Go NAP SACC and by the time they finished up, there was so much for the kids to do! It took a lot of dedication for her to put it all together herself with some help from her staff. This site is also planning to draw a race track around the play equipment for children to ride their buggies around or to walk around. It was great to see the improvements that this child care center made to increase the physical activity opportunities for the children in their care.

Nebraska Extension Go NAP SACC Funding Sources

The statewide Nebraska Go NAP SACC collaborative is supported by funding sources through the following partners: Nebraska Department of Health and Human Services (DHHS) – Chronic Disease Control & Prevention Program, DHHS Child and Family Services – Child Care & Development Fund, Nebraska Department of Education – Team Nutrition, Department of Education – Step Up to Quality, Nebraska Extension, the Supplemental Nutrition Assistance Program – Education (SNAP-Ed), the Expanded Food and Nutrition Education Program (EFNEP), Children’s Hospital & Medical Center, and Catholic Health Initiative (CHI) Health.