Improving the Quality of Early Care & Education (ECE) Programs Across Nebraska
Nutrition + Physical Activity + Breastfeeding Best Practices = Healthy Young Children

In 2021, the submission titled “Nebraska Go NAP SACC: An Impactful and Scalable Statewide Training Program for Improving the Nutrition and Physical Activity Environment in Childcare Settings” was selected as 2nd Place Central Region Winner for the Early Childhood Child Care Training Award in the National Extension Association of Family & Consumer Sciences (NEAFCS) Annual Awards Program.

Go NAP SACC Elevates Quality with Workforce Development in 2021

25 Go NAP SACC trainers
Trainers cover 66 of the 93 counties, but all counties are covered through virtual training and technical assistance.

Trained 129 ECE professionals in 98 child care centers and homes that provide care for ~4,500 children

1 in-person and 4 live virtual trainings across Nebraska

Building Positive Partnerships - Results in Best Practices

146 Pre-Assessments
Completed on Go NAP SACC Website

- 71 child care centers
  - 86% Step Up to Quality Participants

- 75 family child care homes
  - 89% Step Up to Quality Participants

38 Post-Assessments*
Completed on Go NAP SACC Website

- 19 child care centers
  - 94% Step Up to Quality Participants

- 19 family child care homes
  - 82% Step Up to Quality Participants

*Includes all Post-Assessments (29 Initial Posts and 9 Post #2 & 3)
Nebraska Go NAP SACC’s Significant Contribution to Research

The Nebraska Go NAP SACC website was expanded in 2021 to showcase the Evidence supporting the work of the statewide team.

- Between 2018-2021, the NE Go NAP SACC team published six manuscripts in peer-reviewed journals.
- Between 2015-2021, the NE Go NAP SACC steering committee gave thirteen presentations on a statewide or national level.
- Between 2016-2021, the NE Go NAP SACC team received three different awards on a statewide or national level.

Partnering Organizations Collaborating to Support Healthy Young Children

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 ECE programs.

“We Go NAP SACC gave us real data and real feedback to interact with to help us improve our center by putting more best practices in place!” – Child Care Center Director, Seward

“When I started Go NAP SACC, my child care program was still fairly new. Prior to participating in Go NAP SACC, I was lacking a lot of nutrition and physical activity information. I have learned so much from Go NAP SACC for nutrition and physical activity that I have incorporated into my program, which has made big improvements in my child care. My Go NAP SACC trainer was very informative and always had great resources which made this a lot easier to make the needed changes.”

– Family Child Care Home Owner, Hastings

“Go NAP SACC has made a huge impact on my child care setting - implementing family style eating, adding more physical activity, and reaching more breastfeeding best practices were some of the areas I improved. Through these changes I also saw a major improvement in how the kids acted. The program helped me in providing better care, as well as providing continued support for my child care families and even other providers in the early childhood field.”

– Family Child Care Home Owner, Omaha