



Go NAPSACC (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 (ECE) programs.

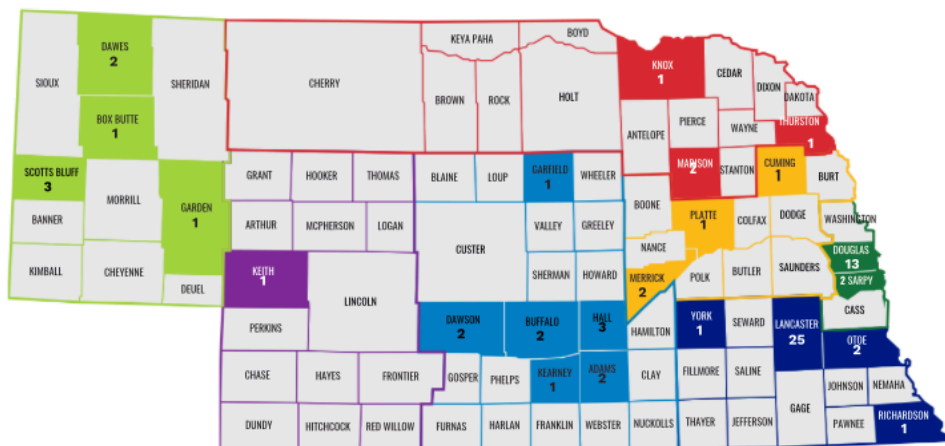


Step Up to
Quality

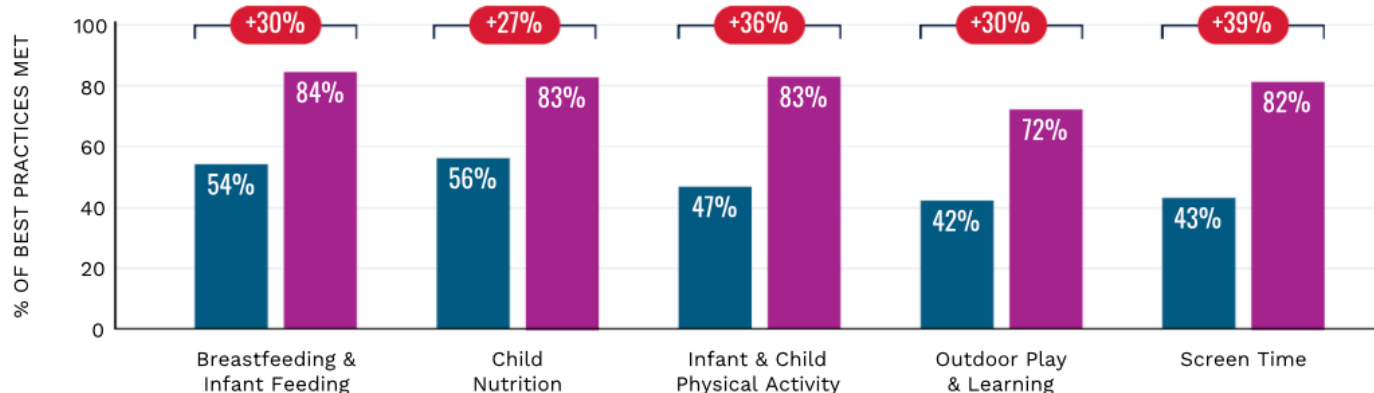
96% of sites
participated in Step
Up to Quality.

County numbers represent total completed sites from 24-25 fiscal year.

- Panhandle Region
- High Plains Partnership
- Northern Partnership
- Platte Valley Partnership
- Omaha Region
- Central Region
- Southeast Partnership



■ Pre-Assessment ■ Post-Assessment ■ Percent Change



Culturally Responsive Coaching: Expanding Spanish-Language Support

Recognizing the diverse needs of child care providers, Nebraska, Step Up to Quality and Go NAPSACC have expanded coaching in Spanish, helping remove language barriers and broadening access to quality improvement supports across the state.

Nebraska Go NAPSACC addressed this gap by adding a bilingual consultant and launching its first Spanish-language cohort. Of the eight providers invited, four enrolled and began implementing healthier practices in their programs. While 50% participation may seem modest, it marks a significant breakthrough, these providers now feel included, supported, and empowered in ways that were previously unavailable.



This pilot demonstrated that when support is culturally and linguistically responsive, providers engage more deeply and make meaningful changes. It also highlighted a clear need for expanded Spanish-language programming statewide.

By investing in bilingual support, Nebraska Go NAPSACC is helping ensure that all providers, regardless of language, can access tools to improve nutrition, physical activity, and overall quality of care. The result is simple but powerful: healthier environments and better outcomes for Nebraska's children.

Transforming Child Care Spaces

Krystal, director of C.R.E.A.T.E. Child Enrichment Center, used Go NAPSACC to strengthen nutrition and physical activity practices across her program. With support and resources provided through the process, her center made improvements in all five best practice areas, resulting in 63 new healthy practices being implemented. Menus became healthier, children increased their physical activity, and staff also began modeling more active behaviors.

The center also improved support for breastfeeding by transforming an underused space into a quiet, welcoming area for mothers to nurse or express milk. Before participating, the center met 30% of infant feeding and breastfeeding best practices; after Go NAPSACC, they achieved 100% in that area.

These changes are sustainable and extend to families through ongoing health promotion materials.

“

NAPSACC was a fun experience—great for us and great for our kids! We made healthier changes in the foods we served. We increased physical activity not only with the kids but with our staff as well!

-Krystal Flowers, Owner & Director

Partner Organizations that Support Healthy Young Children



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