NEBRASKA Nutrition And Physical Activity Self-Assessment for Child Care

What is Go NAP SACC?

Go Nutrition and Physical Activity Self-Assessment for Child Care (NAP SACC) is designed to promote healthy child development by supporting healthy eating and physical activity for the children in your care.

Go NAP SACC looks at your health related policies, practices, and the overall environment of your child care through a self-assessment; based on the assessment, you can decide which areas you want to improve upon.

The **5 key elements of Go NAP SACC** include the following:

1. Complete a Pre Self-Assessment
2. Attend a Go NAP SACC training
   - ✓ It is a state approved training.
3. Develop an Action Plan
4. Reach Your Goals
5. Complete a Post Self-Assessment

Go NAP SACC focuses on 5 main health areas: breastfeeding & infant feeding, child nutrition, infant & child physical activity, outdoor play & learning and screen time. It is designed for providers that care for children from the ages of birth to 5 years old.

How can Go NAP SACC help child care providers?

- FREE Nutrition & Physical Activity Resources for use in your childcare program and for parent education
- FREE One-on-One Mentoring
- FREE Continuing Education hours
- Receive FREE Incentives upon completion
- Promote Healthy Child Development

How does Go NAP SACC fit into Step Up to Quality?

Go NAP SACC is required in Step 2 of Step Up to Quality:

- View the Go NAP SACC orientation video*
- Complete Go NAP SACC pre self-assessment*

Additional points (up to 14) may be earned with Go NAP SACC in Steps 3-5 of Step Up to Quality by:

- Attending a Go NAP SACC training (6 hour minimum)
- Submit a Go NAP SACC Action Planning Document*
  - Ongoing support is available
- Complete the post self-assessment* and receive points for the number of best practices met
- Incorporate a nutrition and/or physical activity curriculum

***Available online at: http://negonapsacc.unl.edu**

How do I sign up?

Trainings will be scheduled in several locations this coming year. If you have questions about the program or training schedule please contact Camille Ohri with North Central District Health Department at 402-336-2406.

Department of Health & Human Services DHHS NEBRASKA

NEBRASKA DEPARTMENT OF EDUCATION