



pa nutrition AND physical activity self-assessment FOR child care

UPON PROJECT COMPLETION

PROJECT SNAPSHOT



of programs reported **increasing opportunities** for children, staff and families to learn more about healthy behaviors such as proper nutrition and physical activity.



of programs reported **offering healthier** meat and grain choices.



of programs reported **using best practices** to implement or improve their own nutrition and physical activity policies.



of programs reported **offering more** fruits and vegetables.



of programs reported **increasing** the daily **amount of time** children spend being physically active.



Total number of Early Childhood programs that successfully completed the project



Number of participating Pennsylvania counties



Estimated total number of teachers impacted



Estimated total number of children and families impacted



PA NAP SACC is an online, continuous quality improvement intervention designed to help child care providers improve the nutrition and physical activity practices within their early childhood care settings. To learn more about PA NAP SACC, visit www.panapsacc.org.

Data Source for PA NAP SACC specific data: 430 licensed child care programs in Pennsylvania, including both center-based and family child care homes that completed the PA NAP SACC program from 2011-2017.

This publication was supported by the Pennsylvania Department of Health through the State Public Health Actions to Prevent and Control Diabetes, Heart Disease, Obesity and Associated Risk Factors and Promote School Health grant and Preventive Health and Health Services Block Grant funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.