

SMART START PILOT GRANTS UPDATE

Nutrition and Physical Activity Self-Assessment for Child Care (NAP SACC) October 2008 Evaluation Update

After receiving six months of technical assistance, child care center directors completed the NAP SACC assessment. Of the 67 centers that completed pre-program assessments, 64 (96%) completed post-program assessments. A few highlights of changes in nutritional and physical activity practices are presented below.

Physical Activity Practices

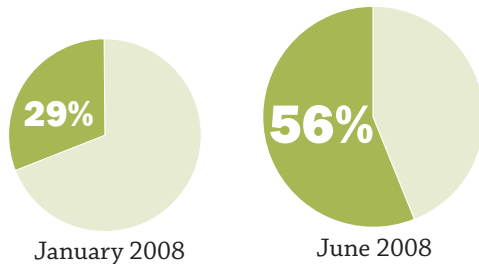
Changes in Overall Physical Activity Practices

Average Score from
January to June 2008
Scores range from 1 to 4;
4 = healthier practices

January 2008
2.7

June 2008
3.3

Percent of Centers Offering More than 90 Minutes of Active Play Each Day



Percent of Centers Offering Physical Activity Education to:

	Jan 08	June 08
Children once a week or more	25%	52%
Staff twice a year or more	15%	50%
Parents twice a year or more	5%	58%

There was an increase in the number of centers that followed written policies on physical activity practices. Written policies are important to ensure centers continue healthy physical activity practices.

Percent of Centers with Policy on Physical Activity Practices that is Written, Available, and Followed

January 2008 June 2008
12% **53%**

Nutrition Practices

Changes in Overall Nutritional Practices

Average Score from
January to June 2008
Scores range from 1 to 4;
4 = healthier practices

January 2008
2.6

June 2008
3.1

Some of the biggest changes were seen in the amount of nutrition education provided for children, parents, and child care staff.

Percent of Centers Offering Nutrition Education To:

	Jan 08	June 08
Children once a week or more	8%	37%
Staff twice a year or more	21%	51%
Parents twice a year or more	11%	56%

There was an increase in the number of centers that followed written policies on nutritional practices. Written policies are important to ensure centers continue healthy nutritional practices.

Percent of Centers with Policy on Nutritional Practices that is Written, Available, and Followed

January 2008 June 2008
34% **59%**

