

## PARTICIPANT SUMMARY EVALUATION

Feedback was obtained from a total of 47 (89%) of the Early Childhood Wellness Project participants. The Participant Summary Evaluation was used to measure the extent to which the Project enhanced each participant's ability to develop and offer high-quality, healthy, safe and nurturing child care services.

96%

Agreed or Strongly Agreed program needs identified during the completion of the pre-ERS and/or the pre-NAP SACC survey were helpful in developing their Quality Improvement Plan.

96%

Agreed or Strongly Agreed support received from the Early Childhood Wellness Specialist in developing and implementing their Quality Improvement Plan goals enhanced their knowledge, skills, attitudes, behaviors, and/or practices.

96%

Agreed or Strongly Agreed their attendance at professional development events enhanced their knowledge, skills, attitudes, behaviors, and/or practices related to providing a healthy, safe, quality child care program for children and/or parents.

94%

Agreed or Strongly Agreed the information and training provided by the Early Childhood Wellness Specialists for planning and conducting a Parent Café enhanced their knowledge, opinions, skills, motivation, attitudes, aspirations and/or practices.

86%

Successfully completed a minimum of two quality improvement goals.

95% of Participants either Agreed or Strongly Agreed on the Participant Summary Evaluation that participating in the Early Childhood Wellness Project made an overall positive impact on their ability to develop and implement a healthy, safe program that benefits children and parents.

## QUALITY IMPROVEMENTS

The Nutrition and Physical Activity Self Assessment for Child Care (NAP SACC) questionnaires were used to assess changes in child care practices in participating programs.

Results related to the ERS and NAP SACC:

- 93% of participants improved or maintained a rating of 3 or above on the post-NAP SACC in the area of Nutrition Education for Staff, Children, and Parents.
- 80% of participants improved or maintained a rating of 3 or above on the post-NAP SACC in the area of Supporting Physical Activity.
- 95% of participants improved or maintained a rating of 3 or above on the post-NAP SACC in the area of Child Nutrition menus and variety.
- 91% of participants improved or maintained a rating of 3 or above on the post-NAP SACC in the area of Food & Beverages provided during regular meals and snacks.
- 67% of participants improved or maintained a rating of 3 or above on the post-NAP SACC in the area of Nutrition Policy.
- 92% of participants improved or maintained a rating of 3 or above on the post-NAP SACC area of Physical Activity Education for Staff, Children, and Parents.
- 71% of participants improved or maintained a rating of 3 or above on the post-NAP SACC area of Physical Activity Policy.
- 84% of participants improved or maintained a rating of 3 or above on the post-NAP SACC area of Outdoor Play & Learning.

### EVALUATORS

Dr. Larry Gwaltney and Dr. Joyce Reger, independent evaluators and Research Associates with Allied Educational Research and Developmental Services, Wichita, KS. They gathered, analyzed and reported results related to eight project outputs and fifteen project outcome indicators.



Early Childhood Wellness Project  
2014-2015 EXECUTIVE SUMMARY





## PROFESSIONAL DEVELOPMENT

218

Participants Attended

25

Professional Development  
Events Offered

122

Professional Development  
Hours Delivered

## TECHNICAL ASSISTANCE

2,055

Visits Completed

## FAMILY ENGAGEMENT

47

Parent Café  
Events Offered

## COMMUNITY ENGAGEMENT

16

Health and Safety Public  
Awareness Events Held  
for Parents, Child Care  
Providers, and  
Communities

64

New Community  
Partnerships Established

### OUR HISTORY

Since 2006, Child Care Aware® of Kansas and its network of Child Care Resource and Referral Agencies (CCR&Rs), have supported healthy child care environments across Kansas through the Healthy Kansas Kids project.

In 2012, Child Care Aware® of Kansas secured funding from the Kansas Health Foundation, United Methodist Health Ministry Fund and Department for Children and Families, in addition to receiving some supplementary funding from various other sources to expand the Healthy Kansas Kids Project into a multi-year Early Childhood Wellness Project (ECWP).

### PROJECT OVERVIEW

Early Childhood Wellness Specialists, employed by the CCR&Rs, assist licensed child care programs in improving their practices in four target areas: health, safety, physical activity, and nutrition.

The ECWP is designed to engage 60 child care providers across the state in year-long, targeted activities. Monthly technical assistance consultations from Specialists help providers evaluate and improve the quality of health, safety, physical activity, and nutrition in their child care setting. Information and results included in this report cover the period from July 1, 2014 through June 30, 2015.

### RECOMMENDATION

Evaluators indicated the following recommendation for the upcoming project year. Child Care Aware® of Kansas should continue to provide opportunities for (new) Early Childhood Wellness Specialists to participate in Environmental Rating Scales (ERS) training sessions and to verify Specialists' continued knowledge and provide training as needed.

Additional ERS training support and guidance was provided to Specialists in 2014-2015.

### LAST YEAR'S REPORT (2013-2014)

Two areas of opportunity were identified in the 2013-2014 ECWP Evaluation Report:

1. Provide Environmental Rating Scales (ERS) training for new staff to verify their knowledge and support their learning.
2. Explore ways to encourage participants to return the follow-up Nutrition and Physical Activity Self Assessment for Child Care (NAP SACC) survey, after completion of the project.

Additional ERS training support and guidance was provided to Specialists helping to ensure their knowledge and ability to deliver helpful information to participants. Participant responses to the NAP SACC survey increased by 15% from 2012-2013 to 2013-2014.



## PROGRAM IMPACT



53  
Participants  
Completed the  
Project

42

Family/Group Child  
Care Homes (79%)

11

Child Care  
Centers (21%)

100%

of participants  
created 2 health  
and wellness  
goals!

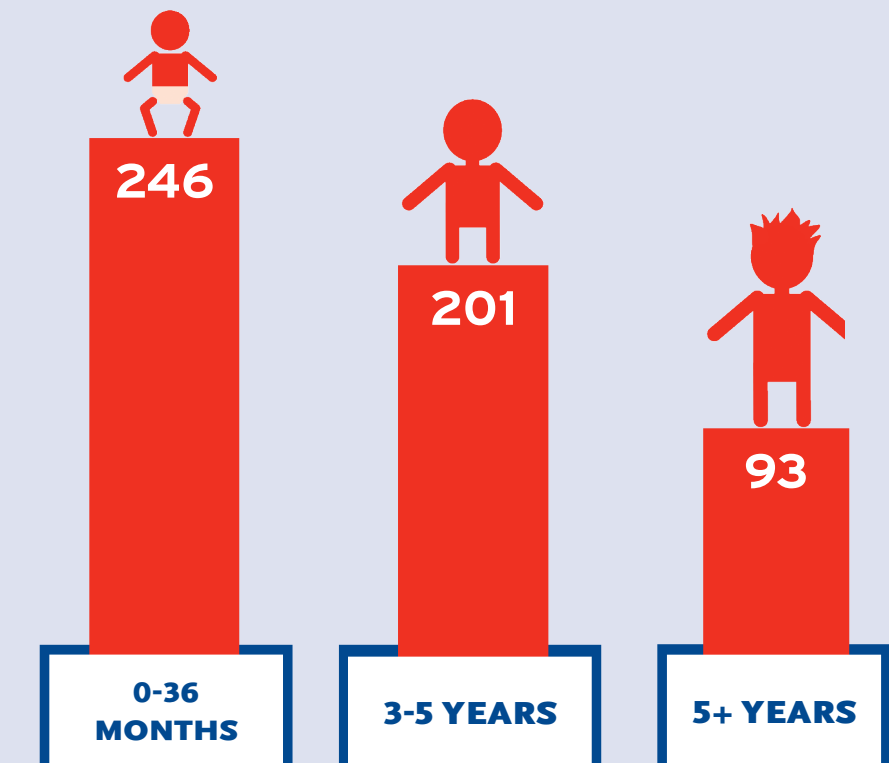


### PARTICIPANT FEEDBACK

"I have added in more physical activities we do on a daily basis. I make sure to join in with the children in the physical activities we do whether it be inside or outside. I have made sure to have plenty of options inside and outside for the children to be able to do physical activities any time they wish."

"Now we incorporate nutrition information in our daily lesson plans. For example, food flashcards, books about eating healthy, and using play food in our kitchen set."

540 TOTAL CHILDREN IMPACTED\*



26% OF CHILDREN WERE  
ENROLLED IN A CHILD  
CARE CENTER

74% OF CHILDREN WERE  
ENROLLED IN A FAMILY OR  
GROUP CHILD CARE HOME

\*Number of children represents enrollment for family/group child care programs and center classrooms.