

# NAP SACC

## Follow-Up Results

The NAP SACC self-assessment tool helps early care and education programs compare their current practices with a set of healthy eating and physical activity best practices. The assessment employs the most up-to-date research on how early care and education programs can help children ages 0 to 5 develop healthy eating and activity habits. It focuses on five areas: child nutrition, breastfeeding & infant feeding, infant & child physical activity, outdoor play & learning, and screen time.

The Nutrition and Physical Activity Self-Assessment for Child Care NAP SACC assessment was administered to Early Childhood Wellness Project (ECWP) participants at the beginning (July-August 2012) and end (May-June 2013) of the project year. A follow-up NAP SACC was administered in February 2014 (approximately six months later) to participants who were enrolled at the end of the project year. The follow-up NAP SACC results were used to evaluate the immediate and sustained impact of the Early Childhood Wellness Project on policies and practices related to physical activity and healthy eating.

**31**  
Total Respondents  
for Follow-Up  
Survey

END OF YEAR SURVEY

29 (94%) demonstrated improvement or maintained high ratings of 3 or above on the end of year survey

PLAY ENVIRONMENT

21 (68%) demonstrated improvement or maintained high ratings of 3 or above on the end of year survey

SUPPORTING PHYSICAL ACTIVITY

24 (77%) demonstrated improvement or maintained high ratings of 3 or above on the end of year survey

PHYSICAL ACTIVITY  
EDUCATION FOR STAFF,  
CHILDREN AND PARENTS

14 (45%) demonstrated improvement or maintained high ratings of 3 or above on the end of year survey

PHYSICAL  
ACTIVITY POLICY

PLAY ENVIRONMENT

23 (74%) demonstrated improvement or maintained high ratings of 3 or above on follow-up survey

SUPPORTING PHYSICAL ACTIVITY

30 (97%) demonstrated improvement or maintained high ratings of 3 or above on follow-up survey

PHYSICAL ACTIVITY  
EDUCATION FOR STAFF,  
CHILDREN AND PARENTS

26 (84%) demonstrated improvement or maintained high ratings of 3 or above on follow-up survey

PHYSICAL  
ACTIVITY POLICY

26 (84%) demonstrated improvement or maintained high ratings of 3 or above on follow-up survey

FOLLOW-UP SURVEY

# NAP SACC

Follow-Up Results

END OF YEAR SURVEY

14 (45%) demonstrated improvement or maintained high ratings of 3 or above on the end of year survey

## MENUS AND VARIETY

16 (52%) demonstrated improvement or maintained high ratings of 3 or above on the end of year survey

## FOOD OFFERED OUTSIDE OF REGULAR MEALS AND SNACKS

26 (84%) demonstrated improvement or maintained high ratings of 3 or above on the end of year survey

## NUTRITION EDUCATION FOR STAFF, CHILDREN, AND PARENTS

16 (52%) demonstrated improvement or maintained high ratings of 3 or above on the end of year survey

## NUTRITION POLICY

**31**  
Total Respondents for Follow-Up Survey

FOLLOW-UP SURVEY

## MENUS AND VARIETY

21 (68%) demonstrated improvement or maintained high ratings of 3 or above on follow-up survey

## FOOD OFFERED OUTSIDE OF REGULAR MEALS AND SNACKS

23 (74%) demonstrated improvement or maintained high ratings of 3 or above on follow-up survey

## NUTRITION EDUCATION FOR STAFF, CHILDREN, AND PARENTS

9 (29%) demonstrated improvement or maintained high ratings of 3 or above on follow-up survey

## NUTRITION POLICY

16 (52%) demonstrated improvement or maintained high ratings of 3 or above on follow-up survey



Kansas' most trusted child care resource.

**EVALUATOR COMMENTS:** It must be pointed out all results reported in this document are based on 31 follow-up responses compared to 54 responses received at the end of the 2013-2014 project year. Caution is advised in attempting to compare the end of the project year results obtained from the 54 respondents with results obtained from the 31 who responded to the follow-up survey. Based on the return rate of 57%, evaluators also suggest caution be taken in attempting to generalize the follow-up survey findings to the entire group of participants who took part in the 2012-2013 ECWP.