



NEBRASKA EXTENSION

IMPACT 2017

Nutrition and Physical Activity in Child Care Impact Report

Nebraska's Challenges



NE ranks #5 in the country for the highest rate of **obesity** in low-income children ages 2-5.



35% of 2-5 year olds in NE are **overweight** or obese.



1 in 3 children under 5 receive **care outside** of their home.

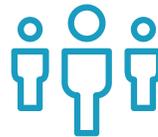
Our Solution



Go NAP SACC (Nutrition and Physical Activity Self-Assessment for Child Care) is an evidence-based program for improving the health of young children through better nutrition and physical activity in early care and education programs. Go NAP SACC walks child care providers through a 5-step process to make healthy changes to their program.

Reach

47 childcare centers/homes participated in the Go NAP SACC process, including:



253 providers

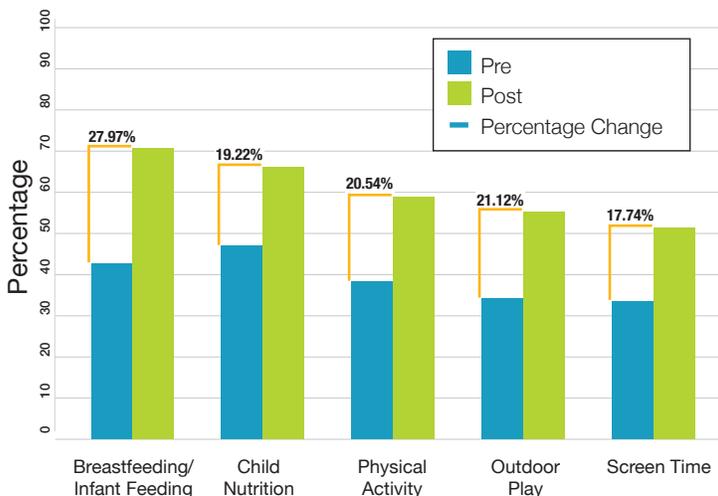


3,619 children

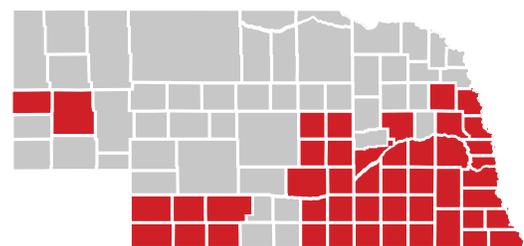


177 hours of technical assistance

Impact



NE Extension is a Major Contributor



NE Extension offers Go NAP SACC in 46 counties. The Go NAP SACC team includes 23 Go NAP SACC trainers:

- 14 funded by SNAP-Ed
- 1 funded by CHI-Health
- 1 funded by EFNEP
- 7 funded by NE Extension

Success Stories

Omaha, NE:

Olive Crest Learning Tree is an early childhood center located in northwest Omaha. It currently serves 74 children ages 0-5 and their families. Olive Crest Learning Tree has been a standout participant of the Go NAP SACC process. The director, Jennifer Phile, is dedicated to providing the highest quality care for the children and families who are enrolled at her school. This is exhibited by her relentless efforts made to creating and sustaining positive changes related to the Go NAP SACC process.

One of her passions is providing the children in her care healthy, nutritious and well-balanced meals throughout the day. She worked with her chef at her center to create menus and meal plans that are consistent with Go NAP SACC's best practices regarding Infant and Child Nutrition. Jennifer is also committed to allowing children opportunities to engage in developmentally appropriate nutrition education in all classrooms at her center.

One of Olive Crest's Go NAP SACC goals in the Child Nutrition area was to ensure teachers incorporate planned nutrition education into their classroom routines 1 time a week or more. When teachers of young children provide exposure to nutrition, cooking or food related experiences, this promotes proper nutrition for healthy growth and can help to establish healthy eating and feeding habits.

One way Jennifer has decided to provide food related experiences to all the children at her school is by planting a large garden which the children, families and teachers care for throughout the growing season, harvest and incorporate into meals or lessons in the classroom. This practice of connecting the garden to the classroom provokes children's curiosity and desire to investigate various food items they may be caring for in their garden environment. Jennifer invited Nebraska Extension Nutrition Education Program staff, Congressman Bacon and parent's from the school to tour the garden, discuss how SNAP-Ed direct education and funding positively impacts early care and education in Douglas county.



Photo Credit: Paige Wernick

Paige Wernick, SNAP-Ed Assistant in Douglas/Sarpy Counties

Nebraska Extension Go NAP SACC Funding Sources



The statewide Nebraska Go NAP SACC collaborative is supported by funding sources through the following partners: Nebraska Department of Health and Human Services (DHHS) – Chronic Disease Control & Prevention Program, DHHS Child and Family Services – Child Care & Development Fund, Nebraska Department of Education – Team Nutrition, Department of Education – Step Up to Quality, Nebraska Extension, the Supplemental Nutrition Assistance Program – Education (SNAP-Ed), the Expanded Food and Nutrition Education Program (EFNEP), Children's Hospital & Medical Center, and Catholic Health Initiative (CHI) Health.

Visit nagonapsacc.unl.edu for more information.

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