



## Interested in Changing Your Facility's Nutrition and Physical Activity Environment?



### How can I help?

Are you too busy to improve the nutrition and physical activity environments at your facility, but care about the health of the children you serve?

As a trained NAP SACC consultant, I'm here to help! The Nutrition and Physical Activity Self-Assessment for Child Care or NAP SACC program is an obesity prevention program that helps child care facilities improve their nutrition and physical activity environment by changing policies and practices. Using the NAP SACC self-assessment instrument you will be able to identify strengths and weaknesses related to your nutrition and physical activity environment. This will be followed by goal setting, staff education, and on-going support and assistance provided by me, your trained NAP SACC consultant. Don't worry! NAP SACC was designed and proven to be user friendly, time and resource efficient, and easily integrated into your busy day.

### What will you receive?

- Free continuing education for your staff
- Suggestions for and help in improving areas such as fried food consumption, holiday celebrations, television viewing, and outdoor/indoor active play time, just to name a few
- Ideas on how to improve your own health
- Handouts and information for parents
- Sample policies
- Certificate of Completion

### What is expected of your facility?

- Timely completion of the self-assessment instrument
- Participation in a goal setting meeting
- Participation in staff workshops
- The commitment to work through your chosen improvements



## Why should you care?

Good nutrition and plenty of physical activity are key to a young child's growth and development. These behaviors begin early in life and are fostered by the environment in which children live and play. Because many children spend much of their day in child care settings, these environments are critical to the development of healthy behaviors. Creating a healthy environment requires leadership and commitment.

## Goals of the NAP SACC Program

1. To provide child care facilities with an easy tool to evaluate their own nutrition and physical activity environment and make changes to support healthy weight in young children.
2. To promote healthy eating in preschool age children in child care settings by serving appropriate foods and role modeling healthy eating behaviors.
3. To promote active play in preschool age children in child care settings by providing plenty of indoor/ outdoor active playtime and role modeling active lifestyles.
4. To reach out to parents through child care settings to promote healthy weight behaviors at home.



## How do you get started?

Congratulations! You have made the important decision to improve the health of young children by making it easier for them to eat healthy and be more active. For more information about NAP SACC in general visit <http://www.napsacc.org>. To get started, please contact:

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