

# Go NAPSACC



## At a Glance

As a team of researchers and public health professionals, we know that early childhood is our best chance to not only prevent many health problems, but also to tackle current health disparities. Habits are formed during these early years, including those around food, physical activity, and other health behaviors. In our aim to improve the health of young children, we recognize the importance of engaging the child care community. Go NAPSACC provides **easy-to-use online tools** and resources like videos, activities, and flyers.

## How it Works

7 Modules



Child Nutrition



Breastfeeding & Infant Feeding



Farm to ECE



Oral Health



Infant & Child Physical Activity



Screen Time



Outdoor Play & Learning

## 5 Step Improvement Process



**1 Assess** current practices



**2 Plan** how to improve



**3 Take action** with the help of a professional ECE consultant



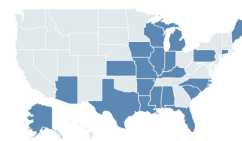
**4 Learn more** with our online resources and local trainings



**5 Keep it up!**

## Our Reach

**21**  
STATES  
PARTICIPATING



**5000**  
REGISTERED  
PROGRAMS



**250000**  
CHILDREN  
REACHED



## Driven by Evidence-Based Best Practice

The Robert Wood Johnson Foundation's Healthy Eating Research Group has labeled NAPSACC as showing the **best evidence for reducing childhood obesity risk** in children under age 5.

Based on what is currently known regarding **strong evidence** for impact on health, the Nutrition and Physical Activity Self-Assessment for Child Care (NAP SACC) is the **best value** for money spent among strategies that focus on young children in early care and education settings.

**The Go NAPSACC database is a unique resource as it provides the largest database of childcare program's practices, policies, and environments related to infant and toddler health in the United States.**

# Giving Kids a Healthy Start the Go NAPSACC Way



## Child Care Provider Account Features

**35** Trainings on Child Wellness Topics

**450** Resources in the Tips & Materials Library

**174** Best Practices with Customizable Action Plans

When Child care providers create a Go NAPSACC account, they get access to more than **self-assessments**. Child care providers participating in Go NAPSACC have access to our **full training library** on best practices, our highly popular **tips and materials library**, and **sample action plans** for every single Go NAPSACC best practice which can be edited to fit their specific needs. Additionally, self-assessment results are shared with providers using **visual data representation** to help them understand how their current practices and environments compare to best practice.

## Child Care Consultant & State Partner Resources

The Go NAPSACC team at UNC works with state partners to implement Go NAPSACC in their local context. Contracted states are assigned a dedicated **Implementation Advisor** from UNC to train stakeholders in the use and philosophy of Go NAPSACC, help them craft their intervention model, and provide ongoing support. UNC provides training for consultants at the beginning of a contract, and on a monthly basis to a national audience. Additionally, state partners have access to **Go NAPSACC data** for their state, and may request an annual data report that is cleaned and organized by our in-house data analyst.



**Go NAPSACC Consultant Certification Training Offered Monthly by UNC**



**Bi-Monthly Webinars for Go NAPSACC Consultants**



**Analytic Reports Tracking State Participation and Progress**

## Our History

