

# GO NAPSACC YIELDING RESULTS FOR ILLINOIS EARLY CHILD CARE & EDUCATION PROVIDERS

## ILLINOIS STATE PHYSICAL ACTIVITY AND NUTRITION PROGRAM SUCCESS STORY

### AT-A-GLANCE

The Illinois State Physical Activity and Nutrition (ISPAN) program is working to integrate more physical activity and nutrition best practices into child care systems across Illinois.

ISPAN is supporting a network of technical assistance (TA) providers to work with early child care and education (ECE) providers to assess their supports for nutrition and physical activity using a new online tool, Go NAPSACC.

Changes in pre/post assessment results show that Lake County ECE providers are now meeting a greater percentage of physical activity and nutrition best practices as a result of using Go NAPSACC and receiving TA.



### PUBLIC HEALTH CHALLENGE

- 1 in 5 Illinois children are overweight or have obesity<sup>i</sup> and approximately 60% spend a significant portion of their day in child care. Child care, therefore, can influence the healthy habits of children.
- The Centers for Disease Control and Prevention (CDC) reports that childhood obesity increases the risk of asthma, sleep apnea, bone and joint problems, type 2 diabetes, and risk factors for heart disease.<sup>i</sup>
- A large body of evidence shows that healthy eating, physical activity and less time watching TV helps kids grow up at a healthy weight.<sup>ii</sup>
- There are 47 high-impact interventions related to nutrition/physical activity and screen time that can be implemented by ECE providers to positively impact health. These interventions were identified through an expert review process and are described in *Caring for Our Children: National Health and Safety Performance Standards; Guidelines for Early Care and Education Programs, 4th Edition*.

### OPPORTUNITY

According to the FY17 Illinois Annual Child Care Report, Illinois has nearly 14,000 child care providers with a capacity to care for 500,000 children, putting child care providers in a unique position to impact children and their families.

Programs like Go NAPSACC help child care providers create environments that nurture healthy eating habits and increase opportunities for physical activity for all children.

ISPAN pulled together existing TA providers and is working with Illinois Network of Child Care Resource and Referral Agencies (INCCRRA) and Nemours Children's Health System to spread TA capacity for using Go NAPSACC across the Child Care Resource & Referral (CCR&R) Agencies in Illinois.

Funded initially by Nemours and to be continued by ISPAN, Go NAPSACC is available to all Illinois ECE providers through the We Choose Health training and local TA providers.



ISPAN is made possible with funding from the Centers for Disease Control and Prevention, in collaboration with the Illinois Alliance to Prevent Obesity, administered by the Illinois Public Health Institute.





*"Al comienzo de los entrenamientos no sabia y entendía muy poco como implementar una buena nutrición con los niños que estan bajo mi cuidado e incluso con mi propia familia. Pasando los dias en cada entrenamiento aprendi lo importante que es de llevar una buena alimentación sana y nutritiva combinada con un plan de actividad física. Estos entrenamientos fueron un exito para mi."*

- Adriana Silva, Lake County ECE Provider

*"At the beginning of the training, I did not know nor understand how to implement good nutrition with the children that are under my care and even with my own family. As the days passed, I learned in each training how important it is to have good nutrition combined with a physical activity plan. The training was a personal success for me."*



## RESULTS

All Lake County ECE providers that took pre-and post-assessments for nutrition and physical activity practices while working with a TA provider from the Lake County Health Department met a far greater percentage of best practices - with one provider now meeting 100% of the best practices!

Through Go NAPSACC, providers assess practices, set goals, create action plans to improve and get access to a host of free resources to assist with implementation.

Across the board, statewide baseline assessment data shows providers are implementing many best practices, such as serving a variety of vegetables on a regular basis and keeping the amount of sedentary time to a minimum, but could improve practices to support breastfeeding and increase the amount of adult-led physical activity.

## WHAT'S NEXT

The Illinois Public Health Institute and partners will continue to provide training and peer support to a network of TA providers working with ECE providers using Go NAPSACC. We will also work to enhance professional development opportunities for ECE providers and others who can support implementation of best practices that promote physical activity and nutrition.

## ABOUT ISPAN

ISPAN is a five-year, \$4.6 million initiative to implement physical activity and nutrition interventions designed to make it easier for Illinoisans to live the healthiest lives possible. ISPAN is particularly focused on low-income and rural communities and communities of color that have been the hardest hit by chronic diseases like type 2 diabetes and heart disease. With funding from the Centers for Disease Control and Prevention, the Illinois Public Health Institute is collaborating with the Illinois Department of Public Health, local health departments in three regions of the state, and a unified coalition of organizations from multiple sectors to tackle the root causes of obesity and related chronic diseases.

## CONTACT

**Sarah Chusid**  
Program Manager  
Illinois Public Health Institute  
310 S. Peoria St.  
Chicago, IL 60607

Phone: 312-786-5362

Email:

[Sarah.Chusid@iphionline.org](mailto:Sarah.Chusid@iphionline.org)

Website: <https://iphionline.org>

Twitter Handle: PrevObesityIL



<sup>i</sup> Centers for Disease Control and Prevention (n.d.). Childhood Obesity Facts. Retrieved from <https://www.cdc.gov/healthyschools/obesity/facts.htm> on January, 2018.

<sup>ii</sup> Macedo C; Case, S; Simpson K; Khan F; U'ren S; Giles K; Flax C; Craddock A; Gortmaker S; Ward Z; and Kenney E. Oklahoma Nutrition And Physical Activity Self-Assessment For Child Care (NAP SACC) Intervention [Issue Brief]. Oklahoma State Department of Health and Oklahoma State Department of Human Services, Oklahoma City, OK, and the CHOICES Learning Collaborative Partnership at the Harvard T.H. Chan School of Public Health, Boston, MA; October, 2017.