



Nutrition and Physical Activity Self-Assessment for Child Care (NAP SACC) In Head Start centers in Michigan

What is NAP SACC?

The Nutrition and Physical Activity Self-Assessment for Child Care (NAP SACC) program is a national intervention designed to enhance policies, practices, and environments in child care by improving the nutritional quality of food served; the amount of quality physical activity; staff-child interactions; and facility nutrition and physical activity policies, practices, and related environmental characteristics.

The program includes

- A self-assessment where child care centers identify their strengths and needs for improvement
- Goal setting and action planning
- Continuing education for child care providers
- Technical assistance and consultation
- Follow-up and reinforcement

Key Partners in Michigan

The Nutrition, Physical Activity, and Obesity Program at the Michigan Department of Community Health initially partnered with the National Kidney Foundation of Michigan and the Head Start Agency of Detroit to assess the nutrition and physical activity policies, practices, and overall environment of Head Start child care centers and create an action plan for each center. Using the NAP SACC action plans, participating Head Start centers establish policy and environmental changes and demonstrated success in fulfilling all seven goals within the plan.

NAP SACC involvement in Michigan

The program is currently being implemented in 56 Head Start centers serving over 5,000 children ages 2-5. This number includes the Detroit Hartford Head Start, Wayne County Head Start, Macomb County Head Start and Oakland Livingston Human Services Agency Head Start centers. The goal of implementing the program in a total of 66 centers by September 2011 is on track.

Successes

As a result of the program, agency-wide policies have been achieved in several agencies. The Head Start Agency of Detroit centers now only offer sweets and salty snacks less than once a week in comparison to 3–4 times a week previously. In addition, drinking water is now more visible and available for children to serve themselves both inside and outside of the child care center. The Wayne County Head Start now has a policy in place that requires 1% milk served to the children- one center went a step further and requires that only skim milk be served.