



# Community Transformation Grant

We Choose Health  
Healthy Childcare Initiative





# Healthy Childcare Intent

To improve the health and well-being of children throughout the state of Illinois through the Systematic and sustained use of Nutrition and Physical Activity Self-Assessment for Child Care (NAP SACC) intervention in all local Child Care Resource and Referral (CCR&R) agencies.



# INCCRRA

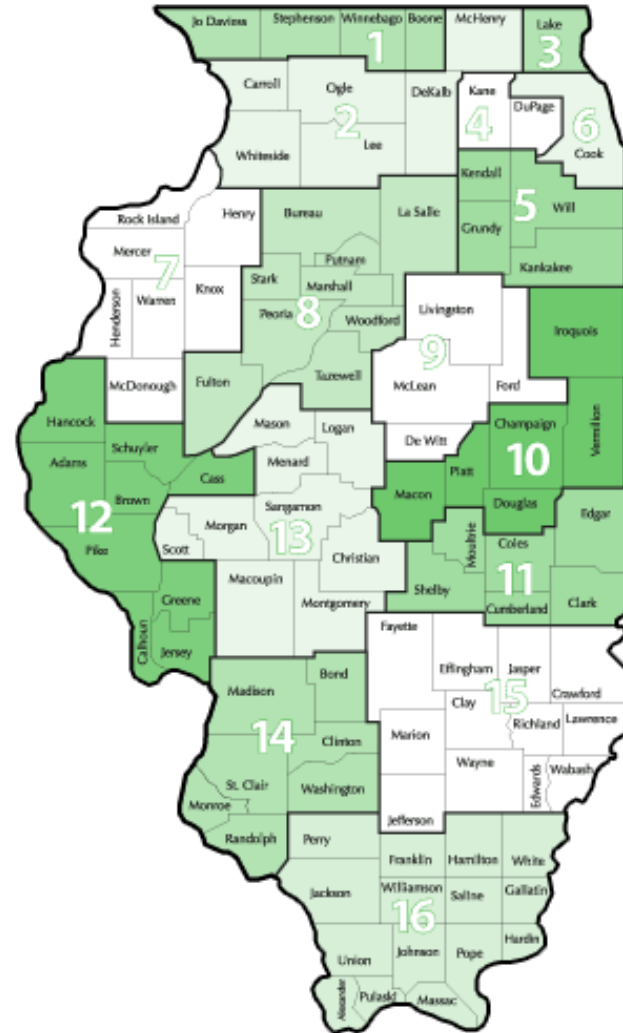
- The Illinois Network of Child Care Resource & Referral Agencies



# CCR&R System



16 Partners - Local Child  
Care Resource & Referral  
Agencies





# CCR&R Consultant Teams

Each Child Care Resource & Referral Agency has a local consultant team offering child care providers free services to improve the quality of care.

- **Child Care Nurse Consultant**
- **Infant Toddler Child Care Specialist**
- **Mental Health Consultant**
- **Quality Rating System Specialist**



# CCR&R System Customers

- 35,000 Early Childhood Education professionals
- 300,000 young children and families
- All 102 counties in Illinois



# Healthy Childcare Partners

- Illinois Network of Child Care Resource & Referral Agencies (INCCRRA)
- Local Child Care Resource & Referral Agencies (CCR&Rs)
- Illinois Department of Public Health (IDPH)
- Illinois Department of Human Services (IDHS)





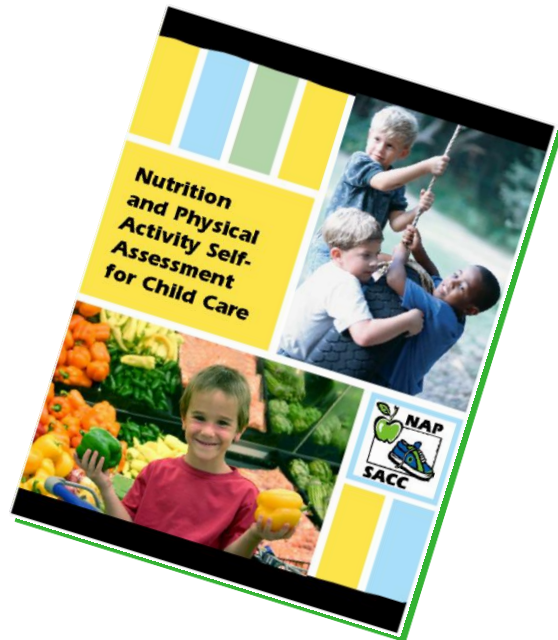
# Healthy Childcare Objectives

- Embed nutrition and physical activity best practices in Illinois' early child care and education programs
- Implement and encourage use of the NAP SACC tool to develop program improvement plans
- Offer standardized training and interventions to support program change



# NAP SACC

An evidence-based intervention that employs a simple self-assessment measure for child care providers to identify areas for improvement in both nutrition and physical activity



**NAP SACC** **Nutrition and Physical Activity Self-Assessment for Child Care**  
 Your Name: \_\_\_\_\_ Date: \_\_\_\_\_  
 Child Care Facility Name: \_\_\_\_\_

Please read each statement or question carefully and check the response that best fits your child care facility. Refer to the instruction sheet for clarification of question, examples, and definitions.

**SECTION I: NUTRITION**

**(N1) Fruits and Vegetables**

A. Fruit (not juice) is offered:  3 times per week or less  4 times per week  1 time per day  2 or more times per day

B. Fruit is offered canned in own juice (no syrups, fresh, or frozen):  Rarely or never  Some of the time  Most of the time  All of the time

C. Vegetable/fruit including French fries, tater tots, hash browns, or dried beans are offered:  2 times per week or less  3-4 times per week  1 time per day  2 or more times per day

D. Vegetables, other than potatoes, corn, and green beans, are offered:  Less than 1 time per week  1-2 times per week  3-4 times per week  1 or more times per day

E. Cooked vegetables are prepared with added meat/fat, margarine or butter:  All of the time  Most of the time  Some of the time  Rarely or never

**(N2) Meats, Fats, and Grains**

A. Fried or pre-fried potatoes (french fries, tater tots, hash browns) are offered:  3 or more times per week  2 times per week  1 time per week  Less than once a week or never

B. Fried or pre-fried (fried and breaded) meats (chicken nuggets) or fish (fish sticks) are offered:  3 or more times per week  2 times per week  1 time per week  Less than once a week or never

C. High fat meats (sausage, bacon, hot dogs, bologna, ground beef) are offered:  3 or more times per week  2 times per week  1 time per week  Less than once a week or never

Annemarie, AS, Benjamin, SE, Summers, JK, Ward, DS. 2004. The Nutrition and Physical Activity Self-Assessment for Child Care (NAP SACC) environmental self-assessment instrument. Division of Public Health, NC Central, Raleigh, NC, and the Center for Health Promotion and Disease Prevention, University of North Carolina at Chapel Hill. Revised May 2007.



# Activities and Supports

- Increase capacity for CCR&R staff-led training and technical assistance regarding NAP SACC
- Delivery of a prescribed number of NAP SACC trainings annually
- Provide ongoing consultation and support for attendees
- Track all activity in the statewide data systems

A circular inset image showing four children of diverse backgrounds reaching up to touch a large globe. The globe is positioned in the center of the circle, and the children are smiling and looking at it with interest.

# Outcome Measurements

INCCRRA will report on project outcomes in the such areas as:

- **NAP SACC trainings offered and participants trained**
- **Materials/resources distributed**
- **Participants accessing technical assistance**
- **Providers completing action plans**
- **Children in care of participants**

# Healthy Childcare Project

## Questions?



## Contact Information

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