The purpose of this form is to provide information about initiatives that could support programs in addressing CQI after needs are identified through examination of relevant sources of evidence.

<table>
<thead>
<tr>
<th>Title of initiative:</th>
<th>PA Nutrition and Physical Activity Self-Assessment (PA NAP SACC) (Adapted from the NAP SACC developed in North Carolina)</th>
</tr>
</thead>
</table>
| Purpose, goal and expected outcomes of the initiative. How is this activity important to program quality? | The PA NAP SACC is a practice-based intervention designed to enhance practices, policies, and environments of child care by making improvements to the:  
- nutritional quality of food  
- amount and quality of physical activity  
- staff-child interactions  
- facility nutrition and physical activity policies and practices |
| Description of initiative and any component parts (Technical assistance available, professional development, program assessment inventories, etc.) | The steps of the continuous quality improvement intervention include the following and meet several STARS requirements.  
- Introduction  
- Self-Assessment  
- Action Planning  
- Implementation and Targeted Technical Assistance (including professional development modules)  
- Accomplishments (Reflect or Evaluate) and  
- Re-Assessment.  
By completing the self-assessment, a child care director and staff can identify the nutrition and physical activity practices, policies and environments that are strengths or need improvement. The child care facility staff members then set goals for change and develop action plans to improve practice. Collaborative goal-setting is followed by staff training and targeted technical assistance to promote organizational change. Online professional development modules are available, as well as numerous applicable early childhood resources, and PA NAP SACC consultants. The reflection allows the staff to evaluate their accomplishments before re-taking the assessment to start the intervention process again. |
| Program eligibility criteria or recommended programs for initiative | Age Group Serving:  
- Infant/Toddler  
- Pre-K  
- SACC  
- All  
Program Type:  
- All  
- Early Head Start  
- Early Intervention Providers  
- PA Pre-K Counts  
- School District  
- PCHP  
- NFP  
- Keystone Babies  
Other:  
- Child Care:  
- All  
- STAR 1  
- STAR 2  
- STAR 3  
- STAR 4  
- Center  
- Group  
- Family |
<table>
<thead>
<tr>
<th>Website(s) for initiative</th>
<th><a href="http://www.panapsacc.weebly.com">www.panapsacc.weebly.com</a></th>
</tr>
</thead>
</table>
| Identify focus areas the initiative addresses | ☑ Administrative Competencies  
☐ Best Practice in Teaching and Learning  
☑ Cultural Competence and Supporting Diversity  
☑ Engaging Families  
X Healthy Children/Families/Practitioners  
☑ Social Emotional Competence and Challenging Behavior  
☐ Other (list): Science, technology, math, arts, homework | X Other (list): Staff Wellness |
| Other initiatives, resources, organizations or professional development that support or enhance the initiative | Regional Keys  
Keystone Kids Go  
I am Moving I am Learning |
| Audiences for direct participation in the initiative, list all that apply | ☑ Directors  
☑ Management/Leadership Teams  
☑ Teachers  
☑ Assistant Teachers  
☑ All Staff  
☑ Parents  
☑ Board Members  
☑ Community Stakeholders  
☑ Children |
| Is a component of the initiative that information be brought back to the program and intentionally shared with other staff? | ☑ Yes  
☐ Not necessarily |
| Research or national context to support the initiative | |
| Research Findings and Evaluation Outcomes: | The NAP SACC intervention was developed and evaluated first in the field as a practice-based intervention and subsequently studied in a larger randomized controlled trial involving 30 consultants assigned to 84 centers in North Carolina. Child care centers were randomly assigned to receive the intervention or serve as controls. Among the 82 centers remaining in the study, 56 were randomly assigned to receive the intervention. Forty-one intervention centers (73%) completed most (>75%) or all of the intervention components. The program outcomes listed below are based on this subset of intervention sites compared to controls. |
| Intervention Effect (overall environment and policy assessment)*: | Child care centers completing most or all of the |
Intervention components improved their nutrition and physical activity policies and practices more than control facilities. Changes (16% increase) in the total child care nutrition environment scores were statistically significant (p less than .01). Changes in physical activity were not, but showed positive improvement.

*When all centers are included in the analysis of the intervention effect, the 11% improvement in nutrition environment and policies, was only marginally statistically significant (p=.06). Physical activity changes were modest and non-significant when compared to controls.

Individual Item Scores in Nutrition and Physical Activity: Because the NAP SACC intervention allows some flexibility in the areas targeted for change by centers and because the observation instrument is scored using averages of sub-areas to obtain the Nutrition and Physical Activity scores, an additional assessment of an intervention effect was measured using all of the individual 75-items from the observation instrument. Nutrition effects are assessed with 51 items and physical activity with 24 items. The mean change in nutrition scores was a 4.3 point improvement in the intervention centers compared to -0.5 change in the controls; for physical activity, scores increased by 3.6 in the intervention centers compared to a -0.2 change in the controls. Both nutrition and physical activity improvements were statistically significant.

| Keystone STARS or Program Standards addressed and CBK Topic Codes (if applicable) | CBK Topic Codes:  
K7C3 Health, Safety and Nutrition (Staff)  
D7C3 Health, Safety and Nutrition (Directors)  
Pre-Kindergarten Early Learning Standards:  
Standard: 10.1.3: Health and Safe Practices  
10.1-3.1 Fundamentals of Good Health  
10.1-3.2 Body Awareness  
10.1-3.4 Nutrition  
Standard: 10.4 Physical Activities: Gross Motor Coordination  
10.4.1 Control and Coordination  
10.4.3 Balance and Strength  
The PA NAP SACC is a part of the Keystone Kids Go! initiative, led by the PA Department of Education. More information about Keystone Kids Go! is available at http://panen.org/keystone-kids-go. |
| Additional information or materials |  
During implementation of the CACFP Wellness mini-grants in Pennsylvania, the nutrition section responses from about 200 child care facilities were evaluated. The benchmark to reach was scoring 75% or more of the points available for each of the nine nutrition sections. The following results were found: |
<p>| Other clarification or information about the activity |</p>
<table>
<thead>
<tr>
<th>Contact person for questions about this Initiative</th>
</tr>
</thead>
<tbody>
<tr>
<td>66 child care providers met the benchmark in 9 of 9 areas</td>
</tr>
<tr>
<td>45 child care providers met the benchmark in 8 of 9 areas</td>
</tr>
<tr>
<td>17 child care providers met the benchmark in 7 of 9 areas</td>
</tr>
<tr>
<td>46 providers met the benchmark in 6 or less of the 9 areas</td>
</tr>
</tbody>
</table>

If your center is interested in participating in the online PA NAP SACC Intervention, please visit [www.panapsacc.weebly.com](http://www.panapsacc.weebly.com) or contact the Tuscarora Intermediate Unit at 717-248-4942.