

# Welcome!

Please visit the table and choose from the blocks—  
There's a card to describe your own work in the box!

If you're new, orange Sue

If you're not, the red Fox

If you HAVE done a NAP SACC, pick up yellow Knox

Slow Joe Crow if you haven't done NAP SACCs quite  
yet...



At the end of the hour, you'll be  
ready and set!

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University of Arizona



Oh, the Places We'll  
GO NAP SACC!

Quotes & Images from Dr. Suess

# “A person’s a person, no matter how small!”




Hey kids,  
we're  
listening!

Healthy weight matters at all ages

- Children who are obese in early childhood are more likely to become obese later in life
- In AZ, **11.5 - 15.4%** of low-income 2-4 year olds were obese in 2011
- There was no statistically significant change in this rate in AZ from 2008-2011

“...I've brought a big bat. I'm all ready, you see; now my troubles are going to have troubles with me!”




**Go NAP SACC**  
Self-Assessment Instrument

Date: \_\_\_\_\_

Your Name: \_\_\_\_\_

Child Care Program Name: \_\_\_\_\_

 **Child Nutrition**

**Nutrition And Physical Activity Self-Assessment for Child Care** helps early care and education (ECE) programs improve their nutrition & physical activity practices.

**Go NAP SACC is the revised, expanded version.**

“You'll get mixed up, of course, as you already know. You'll get **mixed up** with many strange birds as you go”

## Small Groups

- ☀ Recorder
- ☀ Facilitator/Leader
- ☀ Introductions
- ☀ Icebreaker



Choose 2 words - **1 adjective** & **1 noun** - from the word bucket describing your work with ECEs so far



“So be sure when you step, Step with Care and great tact. And remember that life's A Great Balancing Act.”



## Large Group Discussion

- What are your partnerships like?
- What challenges have you faced?

“Sometimes the questions are **complicated**  
and the answers are **simple**.”

## Small Groups

- ☀ Read your clipboard scenario
- ☀ Examine the Go NAP SACC materials
- ☀ Discuss the questions
- ☀ Record your responses for large group discussion



**“You’re in pretty good shape  
for the shape you are in.”**

## **Large Group Discussion**

- Describe your scenario**
- What question(s) did you tackle?**
- What answers did you come up with?**
- Do others have any ideas?**





“And will you succeed? Yes! You will, indeed!  
(98 and  $\frac{3}{4}$  percent guaranteed).”



# Remember how important **you** are!





# References



Ward D, Morris E, McWilliams C, Vaughn A, Erinosh T, Mazzucca S, Hanson P, Ammerman A, Neelon S, Sommers J, Ball S. (2014). Go NAP SACC: Nutrition and Physical Activity Self-Assessment for Child Care, 2nd Edition. Center for Health Promotion and Disease Prevention and Department of Nutrition, University of North Carolina at Chapel Hill. Available at: [www.gonapsacc.org](http://www.gonapsacc.org).

## Data links

<http://www.cdc.gov/obesity/data/prevalence-obesity-childhood.html>

[http://www.cdc.gov/obesity/downloads/jama\\_highlights\\_final\\_data\\_source\\_added\\_011013.pdf](http://www.cdc.gov/obesity/downloads/jama_highlights_final_data_source_added_011013.pdf)

<http://www.cdc.gov/vitalsigns/childhoodobesity/infographic-text.html>

