

# IMPROVING THE PHYSICAL ACTIVITY & OUTDOOR PLAY ENVIRONMENT OF FAMILY CHILD CARE HOMES IN NEBRASKA THROUGH GO NAP SACC



## Research Brief

### STUDY PURPOSE

To determine if the Nutrition and Physical Activity Self-Assessment in Child Care (Go NAP SACC) intervention was effective in improving best practices in the areas of infant and child physical activity and outdoor play and learning in family child care homes (FCCH) in Nebraska.



### Post Intervention

FCCHs demonstrated significant differences in 17 of 20 Infant and Child Physical Activity items, and 12 of 15 Outdoor Play and Learning items.

85%

difference in  
physical activity

80%

difference in  
outdoor play

Go NAP SACC appears to be an effective intervention in Nebraska as after participation in the initiative providers were improving child care physical activity best practices.



### PARTICIPANTS



201 FCCHs participated in a pre-post evaluation between August 2014 to August 2016 using the Infant and Child Physical Activity and Outdoor Play and Learning assessments from Go NAP SACC.



### Urban vs Rural

Urban providers reported significantly higher practices for 5 items where rural providers only reported higher practices than urban for 1 item.



Efforts are needed to develop and identify geographic specific resources for continued improvement.