

Go NAPSACC



At a Glance

As a team of researchers and public health professionals, we know that early childhood is our best chance to not only prevent many health problems, but also to tackle current health disparities. Habits are formed during these early years, including those around food, physical activity, and other health behaviors. In our aim to improve the health of young children, we recognize the importance of engaging the child care community. Go NAPSACC provides **easy-to-use online tools** and resources like videos, activities, and flyers.

How it Works

7 Modules

-  Child Nutrition
-  Breastfeeding & Infant Feeding
-  Farm to ECE
-  Oral Health
-  Infant & Child Physical Activity
-  Screen Time
-  Outdoor Play & Learning

5 Step Improvement Process

- 1 Assess** current practices
- 2 Plan** how to improve
- 3 Take action** with the help of a professional ECE consultant
- 4 Learn more** with our online resources and local trainings
- 5 Keep it up!**

Our Reach

22
STATES
PARTICIPATING



9600+
REGISTERED
PROGRAMS



485000+
CHILDREN
REACHED



Driven by Evidence-Based Best Practice

The Harvard Choices Project and the Healthy Eating Research Group has labeled NAPSACC as showing the **best evidence for reducing childhood obesity risk** in children under age 5.

"The NAPSACC program has been **rigorously evaluated**, across multiple contexts, and demonstrated an impact on **reducing obesity risk** in experimental studies in several states."

Go NAPSACC is a unique resource as it provides a large database of child care program's practices, policies, and environments related to infant, toddler, and preschooler health .

Giving Kids a Healthy Start the Go NAPSACC Way



Child Care Provider Account Features

35 Trainings on Child Wellness Topics

900 Resources in the Tips & Materials Library

174 Best Practices with Customizable Action Plans

When child care providers create a Go NAPSACC account, they get access to more than **self-assessments**. Child care providers participating in Go NAPSACC have access to our **full training library** on evidence-based practices, our highly popular **tips and materials library**, and **sample action plans** for every Go NAPSACC evidence-based practice which can be edited to fit their specific needs. Additionally, self-assessment results are shared with providers using **visual data representation** to help them understand how their current practices and environments compare to evidence-based practice.

Child Care Consultant & State Partner Resources

The Go NAPSACC team at the University of North Carolina (UNC) works with state partners to implement Go NAPSACC in their local context. Contracted states are assigned a dedicated **Implementation Advisor** from UNC-CH to train stakeholders in the use and philosophy of Go NAPSACC, help them craft their intervention model, and provide ongoing support. UNC provides training for consultants at the beginning of a contract, and on a monthly basis to a national audience. Additionally, state partners have access to **Go NAPSACC data** for their state, and may request an annual data report that is cleaned and organized by our in-house data analyst.



Go NAPSACC Consultant Certification Training Offered Monthly by UNC



Monthly Webinars and Office Hours for Go NAPSACC Consultants



Analytic Reports Tracking State Participation and Progress

Our History

