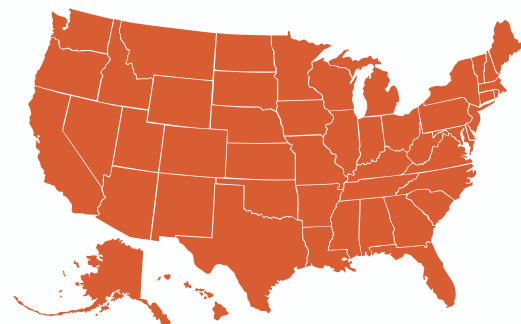


Creating Healthier Early Care and Education Environments Strategy Report Summary



Background

The Harvard Childhood Obesity Cost-Effectiveness Study (CHOICES) used cost-effectiveness analysis to compare the costs and outcomes of incorporating **Go NAPSACC** into states' Quality Rating and Improvement Systems (QRIS) for early care and education (ECE) programs. The study analyzes Go NAPSACC's potential impact on nutrition, physical activity, & screen time policies & practices for children ages 3-5 if the program was implemented in all 50 U.S. states.



Results

Go NAPSACC is projected to be a **cost-effective strategy** for improving nutrition, physical activity, and screen time policies and practices for children ages 3-5.

Go NAPSACC would incur an **annual cost per child of \$9.10.**



If implemented over 10 years, Go NAPSACC is projected to:



Prevent **over 27,000** cases of obesity



Prevent cases of obesity and improve health outcomes for **all income, ethnicity, and race groups**

Significance

Incorporating Go NAPSACC into states' QRIS will allow for broad reach and impact, as half of children ages 3-5 attend ECE programs that are regulated at the state level. Implementation of Go NAPSACC in all 50 US states would provide a cost-effective method for obesity prevention for all groups, including those with the highest rates of obesity. Prioritizing efforts to implement Go NAPSACC in ECE programs that serve more children from households with low incomes could lead to improved health equity by income.



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Barrett JL, Bolton AA, Gortmaker SL, Cradock AL. CHOICES National Action Kit: Creating Healthier Early Care and Education Environments Strategy Report. CHOICES Project Team at the Harvard T.H. Chan School of Public Health, Boston, MA; December 2023.