

Wisconsin Department of Public Instruction

**CACFP Child Care Wellness Grant: Evaluation Survey
Reports**

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Medicine

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I. PURPOSE DESIGN AND METHODS

Purpose of Evaluation: To characterize baseline nutrition and physical activity practices, environments, and policies of Wisconsin early child care and education (ECCE) group and family providers and to assess changes after participating in a one-year program that provided resources, training, and technical assistance to develop and implement wellness policies in the area of nutrition and physical activity.

Evaluation Design: This evaluation utilized a sample of ECCE group and family providers participating in the Wisconsin Department of Public Instruction's CACFP Child Care Wellness Grant. In this report, a total of 430 ECCE providers (150 Group; 280 Family) completed a survey (October 2011) prior to the one-year long program and 403 ECCE providers (148 Group; 255 Family) completed the same survey after the conclusion of the grant period (October 2012).

Methods: Providers were asked to complete a 72-item survey that was adapted and modified from the Nutrition and Physical Activity Self-Assessment for Child Care (NAP SACC) (1) and the Baby Nutrition and Activity Promotion (Baby NAP) Infant and Toddler Nutrition and Physical Activity Self-Assessment for Child Care (2) surveys. This survey assessed the nutrition and physical activity practices, environment, and policies prior to the program and again upon completion of the CACFP Child Care Wellness Grant. ECCE providers, typically the director with the assistance of lead staff, complete the self-reported survey to identify current center nutrition and physical activity practices and policies. This report summarizes:

- 1) Program characteristics and demographics;
- 2) Pre- and post- responses to all survey items;
- 3) Comparisons of pre- and post- surveys scores reflecting the nutrition, physical activity, and policy best practices using paired sample t-tests and;
- 4) Post- survey responses describing the policies implemented and the focus areas/activities for the nutrition and physical activity environment changes.

Pre- and Post- Survey Score Analysis Procedure:

To assess the impact of the CACFP Child Care Wellness Grant, a scoring scheme similar to the NAP SACC (1) scoring was used. That is, each question had 4 response categories, assigned 1, 2, 3, or 4 points (1=minimal standard to 4=best practice). The range of the total score for the survey was 55 to 220 points, with a nutrition score range of 38 to 152 points and a physical activity score range of 17 to 68. The total nutrition and physical activity scores were a composite of 2 sub-scores (sub-score categories shown in table 1 below). Scores were calculated for both the pre- and post-survey. An overall score was calculated, as well as individual scores for nutrition and physical activity. Because not all providers participating in the Wellness grant served infants, pre-post scores were calculated separately among those providers that served infants.

Table 1. CACFP Child Care Wellness Grant Survey Scoring Categories

Category and Sub-Categories	No. of Questions	Range Score
Total Nutrition (1-12 years old)	38	38-152
Nutrition Quality	16	16-64
Nutrition environment	22	22-88
Total Physical Activity (2-12 years old)	17	17-68
Physical Activity Behaviors	6	6-24
Physical Activity Environment	11	11-44
Total Infant	16	16-64
Nutrition	9	9-36
Physical Activity	7	7-28

II. PROGRAM DEMOGRAPHICS AND CHARACTERISTICS

Demographics

A total of 143 Group providers and 291 Family Providers fully completed the survey asking about program characteristics and demographic information. A summary of all responses of this survey is shown in **Appendix A**. Comparing group providers with family providers, group providers were older and more educated. Both group and family providers tended to be female, white, and reported a similar distribution of years working in child care. The majority of group programs were non-profit, whereas family providers were for profit. Of the children participating in child care programs, most were white and between the ages of one and five. Lastly, 57.4% of family providers compared to 3.2% group providers said they ‘never’ see a child who does not appear to be getting enough food at home.

Program Characteristics

There were major difference in how foods were served between group and family providers. Family providers primarily bought food from a grocery store whereas group providers bought from many sources including food distributors, grocery stores, and bulk food stores.

Questions on daily activities were similar between both group and family providers. All providers felt children’s physical activity levels were adequate and reported going outside every day.

Parent interaction was also similar among both group and family providers. The majority of providers reported communicating with parents at drop off and/or pick up. More family providers reported communicating nutrition and physical activity of children on a daily basis than group providers (62.2% of family providers vs. 26.6% of group providers). Group and family providers reported that parents ‘sometimes/often’ ask about what their children ate each day whereas, for physical activity, it was reported that parents ‘never/rarely’ asked about their child’s physical activity. Overall, both group and family providers said they were ‘moderately satisfied’ with level of communication with parents.

Providers were also asked about barriers to improve the nutrition and physical activity in their programs. **Table 2** below lists the top three nutrition and physical activity barriers for group and family providers. Overall, group and family providers faced the same barriers when serving healthier meals and promoting physical activity.

Table 2. Top Ranked Barriers to Improve Nutrition and Physical Activity Practices

Top 3 Barriers	Group Providers (N=143)	Family Providers (N=291)
Nutrition		
1	Cost of purchasing healthier food	Cost of purchasing healthier food
2	Limited space for storage	Lack of time to prepare and serve healthier meals
3	Lack of time to prepare and serve healthier meals	Limited space for storage
Physical Activity		
1	Cost of purchasing equipment	Cost of purchasing equipment
2	Weather	Weather
3	Lack of indoor space	Lack of indoor space

III. PRE- AND POST- SURVEY RESULTS

A. GROUP PROVIDERS

Below summarizes the responses to questions on the pre-post survey for group providers. Refer to **Appendix B** for the complete table of results.

Nutrition for Children Ages 1-12 Years:

Of the 16 nutrition practices examined, a positive trend towards serving foods according to best practice guidelines was observed.

- Post survey results showed that 68.9% of providers serve fruits/vegetables at snack 3 times or more per week versus 39.7% at pre.
- Providers offering whole grains ‘more than 1 time per day’ went from 28.5% to 53.3%.
- An increase of 22.2% and 27.6% was reported for offering sweetened breads/grains ‘less than once per week’ or ‘never’ and offering low-sugar cereal ‘all the time’, respectively.
- Other notable changes included offering processed/high-fat meats to ‘less than one time per week or never’ (45.0% at pre and 77.7% at post), offering lean meats ‘Most of the time/All of the time’ (33.7% at pre and 64.5% at post), and having water available for self serve (33.8% at pre and 55.4% at post).
- Changes in offering 100% juice at breakfast and snack and milk did not appear to change between pre and post.

Nutrition Environment and Policy:

Seven questions assessed menu planning. Many menu enhancements and improvements were reported from pre to post survey.

- An increase of more than 20% of providers reported using 4-week cycle menus with seasonal change and providing parents with copies of the menu.
- 82.4% of providers reported incorporating combinations of new and familiar foods ‘Most/All of the time’ (vs. 48.0% at pre) and offering more opportunities for children to taste new foods (1 time/month or more: 60.7% at pre and 93.3% at post).
- An effort was also shown for providers to include locally grown fruits/vegetables in meals and snacks (60.7% said they ‘Rarely/Never’ did this at pre vs. 34.5% at post).
- Based on responses, menus changed little to include food from other cultures.

Seven questions queried about mealtime environment, role modeling, and staff/workplaces wellness.

- Overall, more providers at post vs. pre reported that children assisted during mealtimes, meals are served family style, and staff join children during meals ‘Most or All of the time’
- Providers also reported changes in the age of children participating in family meals. More children ages 2 years and older were reported to be included in family style meals at post vs. pre (27.0% vs. 18.7%, respectively).
- Providers reported staff ate less-healthy food in front of the children at post vs. pre (‘Rarely’ or ‘never’: 79.1% vs. 60.7%)
- Post grant, providers also felt that resources to staff wellness were offered and promoted versus before the grant (71.6% vs. 30.7%, respectively)

Five questions on nutrition education for staff, children, and parents were asked.

- Overall, providers reported that more nutrition education opportunities were offered to both staff and children at the conclusion of the grant period.
- Parent education opportunities showed the most significant improvement. Only 32.0% of providers at pre reported more than 2 educational opportunities to parent whereas 73.7% of providers reported the same at post.
- Providers/sites also report more use of on-site gardens. Only 15.3% of sites at pre had an on-site garden whereas 35.1% reported having a garden at post.

The last four questions asked providers about policies on food brought from home.

- More providers implemented policies on foods not allowed from home (47.3% at post vs. 31.3% at pre) and non-food items are not used for fundraising ‘all of the time’ (33.8% at post vs. 20% at pre).
- Only about half of the providers (51.7%) at baseline reported that a written policy on nutrition and food is available and is followed.

Physical Activity for Children Ages 2-12 Years:

Of the six physical activity practices examined, the most significant improvements were observed among active play time and staff-led physical activity.

- More providers reported providing more than 60 minutes of active play to children, from 60.7% to 75.7%, respectively.
- Staff-led physical activity ‘more than 1 time per day’ increased from 42% at pre to 58.9% at post.
- More providers also reported that children were not seated more than 30 minutes at a time ‘less than once a week or never’ (78.7% at pre vs. 94.6% at post).
- Outdoor play time and use of TV and Video did not change significantly over the grant period.

Physical Activity Environment and Policy:

Five questions assess the play environment. Results shows that, overall, play space were improved as a result of the CACFP wellness grant.

- A wider variety of equipment was available for children to use was reported at post-survey, specifically among portable play equipment (22.7% at pre to 63.5% at post).
- Outdoor and indoor space also improved from pre to post (refer to table).

Two questions pertained to program and role modeling.

- At post survey, providers reported an increase of 41.6% from pre that staff encouraged and joined children in play.
- Group sites also improved by displaying posters, pictures, and books about physical activity. Only 5.3% of provider said they did this at pre compared to 31.8% at post.

Three questions asked about physical activity education for staff, children, and parents. Similar to questions on nutrition education, providers reported more opportunities for education among all three. Most prominent results were:

- An increase from 26% at pre to 59.5% at post for two or more opportunities for staff education on physical activity.
- An increase from 25.3% at pre to 58.8% at post for two or more opportunities for parent education.

Prior to the grant, only 21.1% of providers said that they had a written physical activity policy that was available and followed.

Nutrition for Infants:

Not all group providers in the CACFP Wellness Grant served infants, ages 0-2 years. Of the 150 providers that completed the survey at pre, 79 did not serve infants. 67 of the 148 providers that completed the post survey did not serve infants.

Overall, results for the 7 questions on feeding practices were similar to practices among children ages 2-12 years (see above). This is likely due to institutional changes in the program.

Two questions assessed breastfeeding support. Changes were detected from pre to post survey.

- 23.7% of providers reported that training opportunities were available for staff 'most/all of the time' versus 12.0% at baseline.
- More providers also reported that a private and quiet area is available for breastfeeding (31.1% at post vs. 23.3% at pre).

Active and Inactive Play Time for Infants and Toddlers Ages 0-2 Years:

Seven questions asked about active and inactive play time for infants.

- Overall, providers that serve infants reported more supervised tummy time, opportunities to move around the classroom, outdoor time and opportunities to explore outside at post versus pre.
- Providers reported, at post survey, that infants were less sedentary than what was reported at pre. That is, infants and toddlers were less likely to be seated for more than 30 minutes at a time, in a bouncy seat for more than 15 minutes, or allowed to watch television.

COMPARISONS OF PRE- POST SURVEY SCORES FOR GROUP ECCE PROVIDERS

Table 3 shows the comparisons of the pre-post survey scores by use of matched paired t-tests. The following table shows the results of scores among each nutrition and physical activity category for providers serving children ages 2-12 and for providers serving infants, ages 0 to 2 years. For children ages 2-12, a total of 137 providers completed both pre- and post- survey for this analysis. All scores increased significantly from pre- to post-, meaning that providers improved best practices in their program. On average, nutrition and physical activity scores increased 23.9 points. Most significant changes occurred among scores reflecting the nutrition environment (average of 11.3 point increase) and physical activity environment (an average of 6.0 point increase).

Small, but positive changes were observed among nutrition and physical activity practices for infants. Smaller differences in changes may be due to fewer providers serving infants and therefore providers

not focusing on changing nutrition and physical activity best practices for infants as part of the Wellness grant.

Table 3. Group Center Scores on the CACFP Wellness Grant Evaluation Survey*

	Pre-Score	Post- Score	Change Score	P-value†
Category	Mean (±sd) N=150	Mean (±sd) N=148	Mean (±sd) N=137	< 0.001
Total Nutrition (ages 1-12 years)	103.0 (15.6)	119.9 (11.8)	16.5 (10.6)	*
Nutrition Quality	45.2 (6.6)	50.7 (5.2)	5.2 (5.3)	*
Nutrition Environment	57.7 (11.0)	69.2 (7.6)	11.3 (6.8)	*
Physical Activity (ages 2-12 years)	49.2 (6.1)	56.9 (5.3)	7.4 (5.5)	*
Physical Activity Behaviors	17.7 (2.4)	19.2 (2.2)	1.3 (1.5)	*
Physical Activity Environment	31.5 (5.1)	37.8 (3.8)	6.0 (4.9)	*
Total Nutrition + Physical Activity	152.1 (20.0)	176.9 (16.2)	23.9 (14.1)	*
Infants	N=86	N=85	N=77	
Infant Nutrition (ages 0-12 months)	29.2 (6.7)	33.4 (1.9)	4.2 (2.5)	*
Infant Physical Activity (ages 0-2 years)	22.0 (5.8)	24.8 (1.9)	2.8 (2.2)	*
Total Infant Nutrition + Physical Activity	50.9 (11.6)	58.2 (2.7)	7.2 (4.0)	*

Abbreviation: sd=standard deviation

*The CACFP Wellness Grant Evaluation Survey was adapted and modified from the NAP SACC self-assessment instrument and Baby NAP self-assessment instrument (1,2).

† p-values determined by matched-paired t-tests. All comparisons were statistically significant at p < 0.0001.

POST SURVEY CACFP WELLNESS GRANT ACTIVITY AND POLICY (BEST PRACTICES) OVERVIEW

At the conclusion of the grant period, providers were asked in the post-survey the types of nutrition, physical activity, and parent engagement activities and policies that were chosen and implemented over the grant period. **Appendix C** shows the summary of all responses from group providers.

Nutrition and Nutrition Environment Policies

59.5% of providers focused on improving the nutrition quality of meals followed by nutrition education for staff/provider and nutrition environment. The specific activity that was chosen in the focus area was menu enhancements followed by small equipment and supplies purchased. 22.3% of providers started or expanded an on-site garden. 67.6% of providers reported that the nutrition policy they implemented was an existing policy that was strengthened and they primarily implemented this through staff/provider engagement and training (70.9% of providers). Lastly, 97.3% of providers reported having a plan to sustain the policy after the grant ends.

Physical Activity and Physical Activity Environment Policies

47.9% of providers focused on staff supporting physical activity in the program followed by 24.3% of providers focusing on active and inactive play time. Providers reported purchasing small portable equipment and supplies (85.1%) and increasing daily activity time (56.1%) to achieve their physical activity policy goal. Physical activity policies implemented were either new policies (39.9% of providers) or existing policies that were strengthened (45.9%). Similar to nutrition policies, physical activity policies were implemented via staff/provider training and engagement (68.2%). Lastly, 83.4% of providers reported having a plan to sustain the physical activity policy post-grant.

Parent or Caregiver Communication/Outreach Policy

Main focus areas for parent/caregiver outreach were through staff/providers (100% reported) followed by family engagement activities (38.5%). Providers chose to have special events around nutrition and physical activity (78.4%) and purchasing supplies to promote nutrition and physical activity (68.2%) to engage parents. 31.8% of providers reported implementing a new policy while 28.4% said this was an existing policy. Providers reported the policy was implemented via parent communication (25%). Lastly, 68.2% said they had a plan to sustain the policy once the grant ended.

B. FAMILY PROVIDERS

Below summarizes the responses to questions on the pre-post survey for family providers. Refer to **Appendix D** for the complete table of results.

Nutrition for Children Ages 1-12 Years:

Of the 16 nutrition practices examined, a positive trend towards serving foods according to best practices guidelines was observed.

- Post survey results showed that 85.5% of providers serve fruits/vegetables at snack 3 times or more per week versus 69.2% at pre.
- Providers offering whole grains more than '1 time per day' increased from 40.0% to 58.5%.
- An increase of 17.6% and 13.7% was reported among providers for offering sweetened breads/grains 'less than once per week' or 'never' and offering low-sugar cereal 'all the time', respectively.
- Other notable changes included offering processed/high-fat meats to 'less than one time per week' or 'never' (35.7% at pre and 53.7% at post), offering lean meats 'Most of the time/All of the time' (56.1% at pre and 84.0% at post), having water available for self serve (33.8% at pre and 55.4% at post), and offering vegetarian meals '1 time per week' (14.3% at pre and 22.8% at post).
- Changes in offering 100% juice at breakfast did not appear to change between pre and post, however offering 100% juice at snack '< 1 time per week or never' increased from pre (28.9%) to post (40.8%). Changes in offering milk also did not appear to change between pre and post.

Nutrition Environment and Policy:

Seven questions assessed menu planning. Improvements were shown from pre to post on menu enhancements, although not as significant as was observed among group providers (see Appendix B).

- Family providers did not report any significant changes among using cycle menus. There was a slight increase in providers providing cycle menus, but the majority 'rarely/never' used cycle menus. Providers did, however, report a 10% increase in providing copies of the menu 'all the time' to parents.

- 69.6% of providers reported incorporating combinations of new and familiar foods 'Most/All of the time' (vs. 47.9% at pre) and offering more opportunities for children to taste new foods (1 time/month or more: 82.5% at pre and 94.5% at post).
- An effort was also shown for providers to include locally grown fruits/vegetables in meals and snacks (27.1% said they did this 'Most of the time' at post vs. 12.1% at pre).
- Based on responses, menus changed little to include food from other cultures.

Seven questions queried about mealtime environment, role modeling, and staff/workplaces wellness.

- Overall, more providers at post vs. pre reported that children assisted during mealtimes, meals are served family style, and staff join children during meals 'Most or All of the time'.
- Providers also reported changes in the age of children participating in family meals. More children ages 2 years and older were reported to be included in family style meals at post vs. pre (33.7% vs. 25.4%, respectively).
- Providers reported staff ate less-healthy food in front of the children at post vs. pre ('All of the time': 43.5% vs. 36.1%)
- Post grant, providers reported that resources to staff wellness were offered and promoted versus before the grant (50.9% vs. 31.8%, respectively)

Five questions on nutrition education for staff, children, and parents were asked.

- Overall, providers reported that more nutrition education opportunities were offered to both staff and children at the conclusion of the grant period.
- Parent education opportunities showed the most significant improvement. Only 17.9% of providers at pre reported more than 2 educational opportunities to parent whereas 42.4% of providers reported the same at post.
- Family providers also reported more use of on-site gardens compared to the group providers. However, improvement of using on-site gardens where children are actively involved increased from 25.0% at pre to 33.3% at post.

The last four questions asked providers about policies on food brought from home.

- More providers implemented policies on foods not allowed from home (46.3% at post vs. 39.3% at pre).
- Written policies on nutrition, whether they were always followed or not, increased from pre (54.0% of providers) to post (97.4% of providers).

Physical Activity for Children Ages 2-12 Years:

Of the six physical activity practices examined, the most significant improvements were observed among active play time and staff-led physical activity.

- More providers reported providing more than 60 minutes of active play to children, from 77.5% to 94.9%, respectively.
- Staff-led physical activity more than 1 time per day increased from 58.2% at pre to 79.5% at post.
- More providers also reported that children were not seated more than 30 minutes at a time 'less than once a week or never' (73.9% at pre vs. 84.7% at post).
- Outdoor play time, 2 or more times per day, increased from pre to post (35.4% to 62.4%, respectively) and using the TV and video rarely or never also increased from pre to post (37.9% to 49.0%).

Physical Activity Environment and Policy:

Five questions assess the play environment. Results shows that, overall, play space were improved as a result of the CACFP wellness grant.

- A wider variety of equipment was available for children to use was reported at post-survey, specifically among fixed play equipment (23.9% at pre to 50.2% at post).
- Outdoor and indoor space also improved from pre to post (refer to table).

Two questions pertained to program and role modeling.

- From pre to post survey, providers reported an increase of 17.5% of providers often encouraged and joined children in play.
- Family providers also improved their environments by displaying posters, pictures, and books about physical activity. Only 8.9% of providers said they did this at pre compared to 17.3% at post.

Three questions asked about physical activity education for staff, children, and parents. Similar to questions on nutrition education, providers reported more opportunities for education among all three. Most prominent results were:

- An increase from 12.1% at pre to 32.2% at post for two or more opportunities for staff education on physical activity.
- An increase from 32.1% at pre to 51.4% at post for providing physical activity education 1 or more times a week to children.
- An increase from 13.2% at pre to 28.2% at post for two or more opportunities for parent education.

Prior to the grant, 35% of providers said they did not have a written physical activity policy. At post, all providers reported having a written physical activity policy that was either followed or sometimes followed.

Nutrition for Infants:

Not all family providers in the CACFP Wellness Grant served infants, ages 0-2 years. The survey at pre did not specifically ask whether providers served infants. We used other survey data to ascertain an estimate of those that most likely did not serve infants. Therefore, the number listed for the pre-survey sample could be artificially high and reflect those that did not serve infants in addition to missing data. Of the 280 providers that completed the survey at pre, 108 did not serve infants. 47 of the 255 providers that completed the post survey did not serve infants.

Overall, results for the 7 questions on feeding practices were similar to practices among children ages 2-12 years (see above). This is likely due to institutional changes in the program.

Two questions assessed breastfeeding support. Changes were detected from pre to post survey.

- 42.7% of providers reported that training opportunities were available for staff 'most/all of the time' versus 21.4% at baseline.
- More providers also reported that a private and quiet area is available for breastfeeding (55.3% at post vs. 37.1% at pre).

Active and Inactive Play Time for Infants and Toddlers Ages 0-2 Years:

Seven questions asked about active and inactive play time for infants.

- Overall, providers that serve infants reported more supervised tummy time, opportunities to move around the classroom, outdoor time and opportunities to explore outside at post versus pre.

- Providers reported, at post survey, that infants were less sedentary than what was reported at pre. That is, infants and toddlers less likely to be seated for more than 30 minutes at a time, in a bouncy seat for more than 15 minutes, or allowed to watch television.

COMPARISONS OF PRE- POST SURVEY SCORES

Table 4 shows the comparisons of the pre-post survey scores by use of matched paired t-tests. The following table shows the results of scores among each nutrition and physical activity category for providers serving children ages 2-12 and for providers serving infants, ages 0 to 2 years. For children ages 2-12, a total of 209 providers completed both pre- and post- survey for this analysis. All scores increased from pre- to post-, meaning that providers improved best practices in their program. However, the Nutrition Environment scores did not reach a level of statistical significance. On average, nutrition and physical activity scores increased 9.8 points. Most significant changes occurred among scores reflecting the nutrition quality (average of 5.5 point increase).

Small, but positive changes were observed among nutrition and physical activity practices for infants. Smaller differences in changes may be due to fewer providers serving infants and therefore providers not focusing on changing nutrition and physical activity best practices for infants as part of the Wellness grant.

Table 4. Family Center Scores on the CACFP Wellness Grant Evaluation Survey*

	Pre-Score	Post- Score	Change Score	P- value†
Category	Mean (±sd) N=264	Mean (±sd) N=255	Mean (±sd) N=209	< 0.001
<i>Total Nutrition (ages 1-12 years)</i>	99.2 (13.2)	104.7 (11.9)	5.5 (11.5)	*
Nutrition Quality	45.6 (6.4)	50.0 (6.2)	4.6 (5.2)	*
Nutrition Environment	53.6 (9.4)	54.7 (7.8)	0.9 (8.4)	0.13
<i>Physical Activity (ages 2-12 years)</i>	46.5 (7.1)	51.2 (5.9)	4.3 (6.5)	*
Physical Activity Behaviors	17.5 (2.6)	19.5 (2.4)	2.0 (2.7)	*
Physical Activity Environment	29.1 (5.7)	31.7 (4.6)	2.3 (5.3)	*
<i>Total Nutrition + Physical Activity</i>	145.8 (18.4)	155.9 (16.2)	9.8 (15.8)	*
Infants	N=264	N=208	N=172	
<i>Infant Nutrition (ages 0-12 months)</i>	25.9 (4.1)	27.9 (3.2)	2.0 (3.8)	*
<i>Infant Physical Activity (ages 0-2 years)</i>	22.7 (3.0)	24.1 (2.6)	1.3 (2.9)	*
<i>Total Infant Nutrition + Physical Activity</i>	48.7 (5.8)	51.9 (4.8)	3.3 (4.6)	*

Abbreviation: sd=standard deviation

*The CACFP Wellness Grant Evaluation Survey was adapted and modified from the NAP SACC self-assessment instrument and Baby NAP self-assessment instrument (1,2).

† p-values determined by matched-paired t-tests. All comparisons were statistically significant at p < 0.0001.

POST SURVEY CACFP WELLNESS GRANT ACTIVITY AND POLICY (BEST PRACTICES) OVERVIEW

At the conclusion of the grant period, providers were asked in the post-survey the types of nutrition, physical activity, and parent engagement activities and policies that were chosen and implemented over the course of the year. **Appendix E** shows the summary of all responses from family providers.

Nutrition and Nutrition Environment Policies

65.9% of providers focused on improving the nutrition quality of meals followed by nutrition environment and nutrition education for staff/provider. The specific activity that was chosen in the focus area was menu enhancements followed by starting/expanding a garden. About 30% of providers initiated family style meals or purchased small equipment and supplies. 48.2% of providers reported that the nutrition policy they implemented was new and they primarily implemented this through parent communication (51% of providers). Lastly, 92.9% of providers reported having a plan to sustain the policy after the grant ends.

Physical Activity and Physical Activity Environment Policies

50.2% of providers focused on active and inactive play time and 18.0% of providers focused on staff supporting physical activity in the program. The top focus area in physical activity for family providers was increasing daily activity time (82.4%) and purchasing small portable equipment and supplies (76.1%). Physical activity policies implemented were either new policies (40.8% of providers) or existing policies that were strengthened (52.6%). Physical activity policies were primarily implemented via staff/provider training and engagement (75.3%). Lastly, 88.6% of providers reported having a plan to sustain the physical activity policy post-grant.

Parent or Caregiver Communication/Outreach Policy

Main focus areas for parent/caregiver outreach were through nutrition and physical activity education for parents/caregivers (50.6% reported) followed by family engagement activities (14.9%). Providers chose facility policy changes (100%) followed by purchasing supplies to promote nutrition and/or physical activity (72.6%) and having nutrition and physical activity special events (34.1%) to engage parents. 33.3% of providers reported implementing a new policy while 39.2% said this was an existing policy. Providers reported the policy was implemented via parent communication (40.8%). Lastly, 69.4% said they had a plan to sustain the policy once the grant ended.

IV. SUGGESTED RESOURCE NEEDS OF PROVIDERS

At the conclusion of the grant, providers were asked this question: “With upcoming changes to the CACFP meal pattern requirement, do you have any suggestions on how the Wisconsin Department of Public Instruction could assist your program in understanding and/or implementing the changes?” Table 5 below summarizes responses from both center and family providers. Many indicated the need for technical assistance, additional trainings, and resources. Additionally, providers would value assistance from grant programs as well as strategies to increase buying power from food vendors and/or grocery stores to provide healthy foods.

Table 5. Selected center and family provider responses for needed resources.

- Technical support for additional training.
- Follow up trainings like the Active Early and Healthy Bites series so that staff may be more involved.
- Bringing in parents to do menu planning with the CACFP coordinators.
- Children and teachers work with a Nutritional Chef to create ideas for healthy/economical foods.
- Have food vendors to know of the upcoming changes to support us.
- Provide enough time to implement the changes.
- Keep the paperwork for any new changes at a minimum.
- Stronger support in rural areas to obtain special foods.
- Additional face-to-face trainings.
- Money saving strategies/financial support to purchase fresh fruits and vegetables and whole grains.
- Sample menus sent to all participants.
- Letter templates for families regarding changes in the CACFP program and why.
- Continue providing guidelines and staff training along with current updates on nutrition.
- Provide a chart with the specific requirements for each meal/snack and age group.
- Easy accessible trainings, i.e. Webinars.
- Provide grant money to be used in a variety of ways.
- Free posters or small books about nutrition and physical activity.
- Training on changing/encouraging child eating behaviors.
- Provide portion sizes.
- Send out color pictures or posters to make it easier to understand what needs to be served.
- Offer resources to help with cost of foods such as coupons or price adjustments.
- More tools to use like Healthy Bites and Active Early.
- Have plant based nutrition; vegetarian options, and vegan options/meals entered in the on-line program to save us time!!!
- By continuing to encourage us through grants such as this.
- Develop materials to have free access to such as handouts to parents or coloring pages for children.
- More visual materials and in Spanish.

V. INTERPRETATION

Overall, the CACFP Childcare Wellness Grant was shown to be successful for both group and family ECCE providers in Wisconsin and meet the objectives that were set for the CACFP Wellness grant. These objectives were:

1. 75% of Group Providers will have implemented or strengthened a wellness policy by October 2012.

Wellness policies were defined as having one nutrition and one physical activity strategy/focus area. 85.3% of group providers implemented both a nutrition and physical activity policy (refer to Appendix C); and 97.3% of group providers implemented a policy that included nutrition.

2. 60% of Family Providers will have implemented or strengthened a wellness policy by October 2012.
93.4% of family providers implemented or strengthened both a nutrition and physical activity policy (refer to Appendix E); and 95.3% of family providers implemented a policy that included nutrition.

3. 75% of Group Providers and 60% of Family Providers will have improved the nutritional quality of meals served, nutrition environment and physical activity practices.

The Total Nutrition and Physical Activity Scores shown in Tables 3 and 4 reflect the nutritional quality of meals, nutrition environment, and physical activity practices. As a group, *on average*, improvements were made among both group and family providers. At an individual level, 96.3% (132 out of 137) group providers and 74.6% (156 out of 209) family providers improved scores from pre to post, indicating improvement of nutritional quality of meals, nutrition environment, and physical activity practices.

Although improvements in nutrition and physical activity policies and practices were observed among all ECCE providers, there were notable differences between group and family providers. Comparing pre-post scores from group providers (Table 3) and family providers (Table 4), group providers scored higher among every domain. Additionally, although improvements were made among family providers, the magnitude was not as large as what was observed among group providers. For example, group providers implemented many improvements on the nutrition environment, whereas family providers' focused on nutrition quality. Other differences between group and family providers were mainly in the focus areas and activities chosen for their wellness policies. For nutrition, group providers focused more on nutrition education for staff and the nutrition environment with menu enhancements as a main activity. Family providers focused mainly on nutrition quality of meals and initiating family-style meals, and purchasing small equipment for food preparation. Family providers were also less confident on having a plan to sustain their wellness policies.

This report provides evidence that nutrition and physical activity practices can improve with implementing wellness policies. However, it was further identified that different needs and priorities exist between group and family providers. Lastly, providers indicated many needs so that nutrition and physical activity practices can be sustained. Among them include continued technical assistance as well as easily accessible materials and resources.

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APPENDIX A

PROGRAM DEMOGRAPHICS AND CHARACTERISTICS

TABLE A. DEMOGRAPHICS

	Group Providers N=143	Family Providers N=291
	Number (%)	
Mean Age (range)	49 (28-60)	41 (23-63)
Gender		
Female	124 (86.7%)	187 (98.6%)
Male	19 (13.3%)	4 (1.4%)
Race/Ethnicity		
Caucasian	119 (83.5%)	225 (77.3%)
Hispanic/Latino	4 (2.5%)	10 (3.4%)
African American	4(2.5%)	45 (15.5%)
Other/prefer not to answer	16 (11.5%)	25 (8.6%)
Education		
High School/GED	1 (0.63%)	49 (16.8%)
Associates Degree	14 (9.5%)	56 (19.2%)
Some College	13 (8.9%)	96 (33.0%)
Bachelor’s Degree	81 (57.0%)	43 (14.8%)
Graduate or Professional	18 (12.7%)	11 (3.8%)
Number of Years Working in Child Care		
< than 5 years	2 (1.3%)	45 (15.5%)
5-10 years	28 (19.6%)	70 (24.1%)
10-20 years	60 (41.8%)	114 (39.2%)
More than 20 years	37 (26.0%)	62 (21.3%)
Years program in operation (mean ± SD)	21.5 (13.1)	9.9 (7.7)
Program Type		
For profit	19 (11.3%)	260 (89.4%)
Non-profit	124 (86.7%)	31 (10.7%)
Program Type Description		
Family child care center	7 (5.1%)	275 (94.5%)
Independent	43 (30.4%)	75 (25.8%)
Franchise	0	0
Government	14 (9.5%)	3 (1.0%)

Worksite	5 (3.8%)	2 (0.7%)
Church	7 (5.1%)	1 (0.3%)
Site of sponsoring agency	70 (48.7%)	1 (0.3%)
Other	0	4 (1.4%)
Children enrolled in program (mean ± SD)		
All	84.2 (8.3)	8.4 (3.8)
<1 year	4.8 (6.1)	0.9 (1.0)
1-2 years	7.8 (9.2)	1.4 (1.1)
2-5 years	40.0 (33.8)	4.1 (2.6)
Older than 5 years	21.8 (26.1)	2.1 (2.1)
Number of children subsidized (mean ± SD)		
	22.3 (34.9)	2.9 (3.9)
Proportion of child's race/ethnicity in program		
White	60.6%	69.0%
Hispanic/Latino	14.5%	5.0%
African American	19.1%	17.9%
American Indian	2.3%	1.8%
Asian	3.1%	2.9%
Other	6.4%	7.2%
Vending machine on site (% Yes)		
	15.8%	0
How often do you see a child who does not appear to be getting enough food at home?		
Never	5 (3.2%)	167 (57.4%)
Rarely	57 (39.9%)	68 (23.4%)
Sometimes	43 (30.4%)	40 (13.8%)
Often	19 (13.3%)	7 (2.4%)
Very often/always	4 (2.5%)	3 (1.0%)
I don't know	2 (1.3%)	6 (2.1%)

TABLE B. FOODS SERVED

	Group Providers N=143	Family Providers N=291
Meals & Snacks		
Breakfast	112 (78.3%)	282 (96.9%)
Lunch	108 (75.5%)	287 (98.6%)
Supper	8 (5.6%)	160 (54.9%)
AM snack	23 (16.1%)	236 (81.1%)
PM snack	138 (96.5%)	271 (93.1%)
Evening snack	9 (6.3%)	76 (26.1%)
On-site Preparation		
Yes	106 (74.1%)	279 (95.9%)
No	20 (13.9%)	0
Both	17 (11.95%)	12 (4.1%)
Where do you buy food (if, onsite)?		
Supermarket/grocery store	95 (66.4%)	288 (98.9%)
Bulk food store	51 (35.7%)	150 (51.6%)
Food distributor	102 (71.3%)	25 (8.6%)
Farmer's Market	11 (7.7%)	132 (45.4%)
On-site garden	10 (7.0%)	112 (38.5%)
Other	12 (8.4%)	19 (6.5%)
Who prepares food (if off-site)?		
Catering company	6 (4.2%)	0
Central kitchen	17 (11.9%)	7 (2.4%)
Local school district	11 (7.7%)	1 (0.3%)
Restaurant	1 (0.7%)	9 (3.1%)
Parents	0	1 (0.3%)
Other	13 (9.1%)	19 (6.5%)

TABLE C. DAILY ACTIVITIES FOR CHILDREN > 2 YEARS

	Group Provider N=143	Family Provider N=291
	Number (%)	
How often children go outside?		
< 1 day/week	1 (0.7%)	3 (1.0%)
1-2 days/week	1 (0.7%)	15 (5.2%)
3-4 days/week	0	23 (7.9%)
Every day	141 (98.6%)	250 (85.9%)
Minutes in active play		
< 30	2 (1.4%)	11 (3.8%)
30-45	41 (28.7%)	57 (19.6%)
46-60	31 (21.7%)	75 (25.8%)
61-90	54 (37.8%)	70 (24.1%)
91-120	10 (7.0%)	36 (12.4%)
> 120	5 (3.5%)	42 (14.4%)
Current level of physical activity adequate?		
Yes	105 (73.4%)	209 (71.8%)
No	38 (26.6%)	82 (28.2%)
Ease of increasing physical activity		
Very difficult	1 (0.7%)	4 (1.4%)
Somewhat	36 (25.2%)	61 (20.9%)
Neutral	48 (33.6%)	106 (36.4%)
Somewhat easy	34 (23.4%)	77 (26.5%)
Very easy	24 (16.8%)	43 (14.8%)

TABLE D. PARENT COMMUNICATION

	Group Provider N=143	Family Provider N=291
	Number (%)	
Parent/Staff communication		
Talk at pick up	138 (96.5%)	285 (97.9%)
Talk at drop off	120 (83.9%)	268 (92.1%)
Journal	20 (14.0%)	39 (13.9%)
White boards/notes	101 (70.6%)	114 (39.2%)
Conferences	97 (67.8%)	60 (20.6%)
Email	40 (27.9%)	95 (32.7%)
Newsletter	93 (65.0%)	115 (39.5%)
Letter	19 (13.2%)	8 (2.7%)
Staff rarely have opportunities	1 (0.7%)	6 (2.1%)
Other (most reported: daily report sheets)	27 (18.9%)	67 (23.0%)
Staff communicate nutrition/PA		
Daily	28 (26.6%)	181 (62.2%)
4-5 times/week	7 (4.9%)	16 (5.5%)
2-3 times/week	18 (12.6%)	32 (11.0%)
Several times/month	25 (17.5%)	40 (13.8%)
Once a month	5 (3.5%)	12 (4.1%)
Several times a year	39 (27.2%)	1 (0.3%)
Staff rarely have an opportunity	21 (14.7%)	9 (3.1%)
Do parents ask about what their child ate during the day?		
Never	0	24 (8.3%)
Rarely	33 (22.8%)	67 (23.0%)
Sometimes	78 (54.4%)	110 (37.8%)
Often	14 (10.1%)	43 (14.8%)
Very Often	5 (3.2%)	47 (16.2%)
Do parents ask about physically active their children are each day?		
Never	8 (5.7%)	78 (26.8%)
Rarely	72 (50.6%)	91 (31.3%)
Sometimes	46 (32.3%)	83 (28.5%)
Often	3 (1.9%)	26 (8.9%)
Very Often	0	13 (4.5%)
How satisfied are staff with communications with parents about child nutrition and physical activity?		
Not at all	2 (1.3%)	14 (4.8%)
Slightly satisfied	37 (25.9%)	37 (12.7%)

Moderately satisfied	71 (49.4%)	102 (35.1%)
Very satisfied	19 (13.3%)	85 (29.2%)
Completely satisfied	1 (0.6%)	53 (18.2%)

TABLE E. BARRIERS TO IMPROVING NUTRITION PRACTICES

Rank of Nutrition Barriers	Group Providers N=143		Family Provider N=291	
		Rank		Rank
Cost of purchasing healthier food	121 (84.6%)	1	279 (95.9%)	1
Limited Space for storage	114 (79.7%)	2	210 (72.2%)	3
Lack of time to prepare and serve healthier meals	114 (79.7%)	3	212 (72.9%)	2
Lack of equipment and/or space	99 (69.2%)	4	178 (61.2%)	5
Unsure how to prepare healthier foods	73 (51.1%)	5	127 (43.6%)	6
Children would not respond well	55 (38.5%)	6	179 (61.5%)	4
Lack of control over types of meals	40 (27.9%)	7	40 (13.8%)	10
Unsure difference between healthy/unhealthy foods	33 (23.1%)	8	43 (14.8%)	9
Other staff would not respond well	27 (18.9%)	9	28 (9.6%)	11
Healthy food not available in area	21 (14.7%)	10	68 (23.4%)	8
Parents would not respond well	15 (10.5%)	11	80 (27.5%)	7
Nutrition is not a high priority	3 (2.1%)	12	11 (3.8%)	12
Other Barriers Listed				
	Tight budget		Distance to travel to quality food	
	Lack of access to locally grown foods or farmers market		Shelf life of F/V	
	Fresh fruits/veg seasonal		Raw veggies choking hazards	
	no grocery store in county		Food waste	
	Overall buy-in from children and staff		Cost of structural changes in rented space	
	Preparation of fresh f/v (more staff needed)		Healthy recipes that take little time to prepare	

TABLE F. BARRIERS TO PHYSICAL ACTIVITY PRACTICES

Rank of Physical Activity Barriers	Group Providers N=143		Family Providers N=291	
		Rank		Rank
Cost of purchasing equipment	134 (93.7%)	1	272 (93.5%)	1
Weather	120 (83.9%)	2	261 (89.7%)	2
Lack of indoor space	112 (78.3%)	3	218 (74.9%)	3
Lack of equipment	103 (72.0%)	4	217 (74.6%)	4
Lack of knowledge/training	77 (53.8%)	5	125 (42.9%)	6
Lack of time	70 (48.9%)	6	90 (30.9%)	7
Inappropriate clothing sent with children for outside play	38 (26.6%)	7	144 (49.5%)	5
Lack of outdoor space	34 (23.8%)	8	46 (15.8%)	8
Other caregivers/staff not supportive	15 (10.5%)	9	13 (4.5%)	11
Unsafe neighborhood	4 (2.8%)	10	9 (3.1%)	12
Parents would not be supportive	3 (2.1%)	11	23 (7.9%)	10
PA not a high priority	2 (1.4%)	12	0	13
Children would not respond well	0	13	29 (10.0%)	9
Other Barriers Listed				
	Most teachers just supervise outside play		Only one teacher makes it difficult to do teacher led activities	
	Staff will decide whether it's too cold or not		Age differences of children in care make logistics of going outside difficult	
	Teacher-led activities not well accepted among teachers		No separate space for active play in home	
	Teacher buy-in		Difficult in winter	

APPENDIX B

GROUP PROVIDER EVALUATION PRE/POST SURVEY SUMMARY

NUTRITION FOR CHILDREN AGES 1-12 YEARS

FRUIT AND VEGETABLES	Pre (n=150)	Post (n= 148)
	Number (%)	
<i>F/V offered at snack</i>		
≤1 time per week	49 (32.5%)	25 (16.9%)
2 times per week	41 (27.2%)	24 (16.2%)
3-4 times per week	45 (29.8%)	51 (34.5%)
≥ 5 times per week	15 (9.9%)	28 (32.4%)
<i>Fruit, not juice, is offered at breakfast</i>		
≤1 time per week	24 (16.0%)	45 (30.4%)
2 times per week	7 (4.7%)	3 (2.0%)
3-4 times per week	65 (43.3%)	46 (31.1%)
≥ 5 times per week	54 (36.0%)	54 (36.9%)
<i>Different varieties of F/V are offered</i>		
Rarely or never	3 (2.0%)	0
Some of the time	61 (40.7%)	21 (14.2)
Most of the time	57 (38.0%)	63 (42.6)
All of the time	29 (19.3%)	64 (43.2)
<i>Fried or pre-fried potatoes are offered</i>		
≥ 3 times per week	2 (1.3)	0
2 times per week	9 (5.9)	0
1 time per week	18 (11.9)	11 (7.4)
≤1 time per week or never	121 (80.1)	137 (92.6)

GRAINS AND BREADS	Pre (n=150)	Post (n=148)
	Number (%)	
<i>Whole grain foods are offered</i>		
Unable to identify a whole grain	21 (13.9%)	0
≤ 1 time per week	50 (33.1%)	12 (8.1%)
2-4 times per week	36 (23.8%)	57 (38.5%)
1 time per day	20 (13.3%)	48 (32.4%)
≥ 2 times per day	23 (15.2%)	31 (20.9%)
<i>Low-sugar cereals are offered</i>		
Unable to identify		0
Rarely or never	13 (8.6%)	9 (6.1%)
Some of the time	54 (35.8%)	28 (18.9%)

Most of the time	44 (29.1%)	32 (21.6%)
All of the time	39 (25.8%)	79 (53.4%)
Sweetened grains/baked goods are offered		
≥1 times per day	2 (1.3%)	0
3-4 times per week	4 (2.7%)	0
1-2 times per week	48 (31.8%)	21 (14.2%)
< 1 per week or never	96 (63.6%)	127 (85.8%)

MEAT/MEAT ALTERNATIVES	Pre (n=150)	Post (n=148)
	Number (%)	
Processed and high-fat meats are offered		
Missing	1 (0.7%)	
≥ 3 times per week	8 (5.3%)	0
2 times per week	30 (19.7%)	4 (2.7%)
1 time per week	43 (28.5%)	29 (19.6%)
< 1 time per week or never	68 (45.0%)	115 (77.7%)
Fried or pre-fried meats are offered		
Missing	1 (0.7%)	
≥ 3 times per week	1 (0.7%)	0
2 times per week	18 (11.9%)	1 (0.7%)
1 time per week	39 (25.8%)	27 (18.2%)
< 1 time per week or never	91 (60.3%)	120 (81.1%)
Lean meats and meal alternates are offered		
Missing	1 (0.7%)	
Rarely or never	49 (32.5%)	31 (20.9%)
Some of the time	49 (32.5%)	21 (14.2%)
Most of the time	36 (23.8%)	71 (47.9%)
All of the time	15 (9.9%)	25 (16.9%)
Seafood, not including processed fish sticks, is offered		
Missing	1 (0.7%)	
< 1 time per month or never	108 (71.5%)	89 (60.1%)
1-2 times per month	39 (25.8%)	42 (28.4%)
3 times per month	1 (0.7%)	16 (10.8%)
1-2 times per week	1 (0.7%)	1 (0.7%)
Vegetarian meals are offered		
Missing	1 (0.7%)	
< 1 time per month or never	88 (58.3%)	69 (46.4%)
1-2 times per month	24 (15.9%)	39 (26.4%)
3 times per month	4 (2.7%)	3 (2.0%)

1 time per week	33 (21.9%)	37 (25.0%)
BEVERAGES	Pre (n=150)	Post (n=148)
	Number (%)	
Visibility of drinking water		
Missing	2 (1.3%)	
Not visible	13 (10.0%)	8 (5.4%)
Visible, but only available during designated water breaks	23 (15.5%)	5 (3.4%)
Visible and available on request	62 (41.9%)	53 (35.8%)
Visible and available for self-serve	50 (33.8%)	82 (55.4%)
100% juice if offered at breakfast		
Missing	2 (1.3%)	
≥ 3 or more times per week	9 (6.1%)	2 (1.4%)
2 times per week	14 (9.5%)	6 (4.1%)
1 time per week	20 (13.5%)	20 (13.5%)
< 1 time per week or never	105 (70.9%)	120 (81.1%)
100% juice is offered at snack		
Missing	2 (1.3%)	
≥ 3 or more times per week	11 (7.3%)	5 (3.4%)
2 times per week	33 (22.0%)	34 (22.9%)
1 time per week	29 (19.3%)	30 (20.3%)
< 1 time per week or never	75 (50.0%)	79 (53.4%)
Milk served to children over age 2		
Missing	2 (1.3%)	
No milk	1 (0.7%)	0
Whole	2 (1.3%)	0
2% reduced-fat	8 (5.4%)	7 (4.7%)
1% low-fat or skim/non-fat	137 (92.6%)	141 (95.3%)

NUTRITION ENVIRONMENT AND POLICY

MENU PLANNING	Pre (n=150)	Post (n=148)
	Number (%)	
Cycle menus used		
Missing	3 (2.0%)	
Rarely/never	45 (30.0%)	32 (21.6%)
1-3 week cycles	21 (14.0%)	6 (4.1%)
4-week cycles	30 (20.0%)	27 (18.2%)
4-week cycles w/seasonal change	51 (34.0%)	83 (56.1%)

Menus include combination of new and familiar foods		
Missing	3 (2.0%)	
Rarely/never	23 (15.6%)	1 (0.7%)
Some of the time	53 (35.3%)	25 (16.9%)
Most of the time	49 (32.7%)	64 (43.2%)
All of the time	22 (15.3%)	58 (39.2%)
Copies of menu provided to parents		
Missing	3 (2.0%)	
Rarely/never	3 (2.0%)	2 (1.4%)
Some of the time	22 (14.7%)	1 (0.7%)
Most of the time	10 (6.7%)	4 (2.7%)
All of the time	112 (74.7%)	141 (95.3%)
Children provided with opportunities to taste new foods		
Missing	3 (2.0%)	
Rarely/never	29 (19.3%)	1 (0.7%)
1x every 3 months	27 (18.0%)	9 (6.1%)
1x/month	43 (28.7%)	59 (39.9%)
2x/month	48 (32.0%)	79 (53.4%)
Menus are flexible/adapted for special dietary needs		
Missing	3 (2.0%)	
Rarely/never	4 (2.7%)	1 (0.7%)
Some of the time	13 (8.7%)	5 (3.4%)
Most of the time	60 (40.0%)	39 (26.4%)
All of the time	70 (46.7%)	103 (69.6%)
Menus include food from other cultures		
Missing	3 (2.0%)	
Rarely/never	45 (30.0%)	20 (13.5)
Some of the time	65 (43.3%)	77 (52.0)
Most of the time	21 (14.0%)	33 (22.3)
All of the time	16 (10.7%)	18 (12.2)
Menus include locally grown F/V		
Missing	3 (2.0%)	
Rarely/never	91 (60.7%)	51 (34.5)
Some of the time, only in summer	43 (28.7%)	69 (46.6)
Some of the time, both winter and summer	12 (8.0%)	20 (13.5)
Most of the time	1 (0.7%)	8 (5.4)

MEALTIME ENVIRONMENT, ROLE MODELING, AND STAFF/WORKPLACE WELLNESS	Pre (n=150)	Post (n=148)
	Number (%)	
<i>Children assist during mealtime routines by setting and cleaning up table</i>		
Missing	3 (2.0%)	
Rarely or never	3 (2.0%)	2 (1.4%)
Some of the time	47 (31.0%)	22 (14.9%)
Most of the time	48 (32.0%)	51 (34.5%)
All of the time	49 (32.7%)	73 (49.3%)
<i>Meals are served family style</i>		
Missing	3 (2.0%)	
Rarely or never	21 (14.0%)	36 (24.3%)
Some of the time	33 (22.0%)	3 (2.0%)
Most of the time	11 (7.3%)	15 (10.1%)
All of the time	82 (54.7%)	94 (63.5%)
<i>The following ages of children participate in family-style meals</i>		
Missing	3 (2.0%)	
NA	0	37 (25.0%)
1 year +	41 (27.3%)	38 (25.7%)
2 years +	28 (18.7%)	40 (27.0%)
3 years +	39 (26.0%)	31 (20.9%)
4 years +	39 (26.0%)	2 (1.4%)
<i>Mealtime routines and environment are same for all children</i>		
Missing	3 (2.0%)	
NA	11 (7.3%)	7 (4.7%)
Rarely or never	0	0
Some of the time	4 (2.7%)	3 (2.0%)
All of the time	132 (88.0%)	138 (93.2%)
<i>Staff join children at the table for meals</i>		
Missing	3 (2.0%)	
Rarely or never	0	0
Some of the time	6 (4.0%)	1 (0.7%)
Most of the time	52 (34.7%)	31 (20.9%)
All of the time	89 (59.3%)	116 (78.4%)

Staff drink or eat less-healthy foods in front of the children, especially soda and fast food		
Missing	3 (2.0%)	
Rarely or never	91 (60.7%)	117 (79.1%)
Some of the time	50 (33.3%)	26 (17.6%)
Most of the time	4 (2.7%)	0
All of the time	2 (1.3%)	5 (3.4%)
Resources and support for staff wellness are offered and promoted		
Missing	3 (2.0%)	
Rarely or never	45 (30.0%)	2 (1.4%)
Some of the time	56 (37.3%)	40 (27.0%)
Most of the time	19 (12.7%)	65 (43.9%)
All of the time	27 (18.0%)	41 (27.7%)

NUTRITION EDUCATION FOR STAFF, CHILDREN, AND PARENTS	Pre (n=150)	Post (n=148)
	Number (%)	
Nutrition education is provided for staff		
Missing	3 (2.0%)	
Rarely/never	18 (12.0%)	2 (1.4%)
< 1 /year	45 (30.0%)	3 (2.0%)
1/year	49 (32.7%)	55 (37.2%)
> 2/year	35 (23.3%)	88 (59.5%)
Formal education is provided for children		
Missing	3 (2.0%)	
Rarely/never	77 (51.3%)	23 (15.5%)
1/month	34 (22.7%)	49 (33.1%)
2-3/month	18 (12.0%)	22 (14.9%)
1/week or more	18 (12.0%)	54 (36.5%)
Informal nutrition education is provided for children		
Missing	3 (2.0%)	
Rarely/never	9 (6.0%)	0
1/month	15 (10.0%)	2 (1.4%)
2-3/month	47 (31.3%)	28 (18.9%)
1/week or more	76 (50.7%)	118 (79.7%)
Nutrition education opportunities offered to parents		
Missing	3 (2.0%)	
Rarely/never	56 (37.3%)	5 (3.4%)
< 1 /year	17 (11.3%)	15 (10.1%)
1/year	26 (17.3%)	19 (12.8%)

> 2/year	48 (32.0%)	109 (73.7%)
<i>On-site garden or off-site garden is available</i>		
Missing	3 (2.0%)	
Not available	95 (63.3%)	71 (47.9%)
Available, but children do not participate	3 (2.0%)	2 (1.4%)
Available and children sometimes participate	26 (17.3%)	23 (15.5%)
Garden available and children actively involved	23 (15.3%)	52 (35.1%)

FOODS BROUGHT FROM HOME	Pre (n=150)	Post (n=148)
	Number (%)	
<i>Foods brought from home</i>		
Missing	4 (2.7%)	
Allowed with no guidelines	33 (22.0 %)	8 (5.4%)
Allowed with written guidelines for healthier options that are not always enforced	12 (8.0 %)	35 (23.7%)
Allowed with written guidelines for healthier options that are always enforced	54 (36.0%)	35 (23.7%)
Foods are not allowed to be brought in from home	47 (31.3%)	70 (47.3%)
<i>Holiday and special events are celebrated with healthy foods or with non-food treats like stickers</i>		
Missing	4 (2.7%)	
Rarely/never	18 (12.0%)	1 (0.7%)
Some of the time	60 (40.0%)	55 (37.2%)
Most of the time	29 (19.3%)	48 (32.4%)
All of the time	39 (26.0%)	44 (29.7%)
<i>Fundraising consists of selling non-food items or healthy foods and beverages</i>		
Missing	4 (2.7%)	
Rarely/never	61 (40.7%)	36 (24.3%)
Some of the time	49 (32.7%)	38 (25.7%)
Most of the time	6 (4.0%)	24 (16.2%)
All of the time	30 (20.0%)	50 (33.8%)

NUTRITION PROGRAM POLICY	Pre (N=150)	Post (N=148)
	Number (%)	
<i>A written policy on nutrition and food that covers at least one of the preceding topics</i>		
Missing		1 (0.7%)
Does not exist	25 (17.0%)	0
Exists informally, but not written or followed	21 (14.3%)	3 (2.0%)
Is written, but not always followed	23 (15.6%)	60 (40.7%)
Is written, available, and followed	76 (51.7%)	84 (56.7%)

PHYSICAL ACTIVITY FOR CHILDREN AGES 2-12 YEARS

ACTIVE AND INACTIVE PLAY TIME	Pre N=150	Post N=148
	Number (%)	
<i>Active play is provided to all children</i>		
Missing	6 (4.0%)	
< 60 min/day	48 (32.0%)	26 (17.6%)
60-90 min/day	82 (54.7%)	92 (62.2%)
91-120 min/day	9 (6.0%)	20 (13.5%)
> 120 min/day	5 (3.3%)	10 (6.8%)
<i>Staff-led PA is provided to all children</i>		
Missing	6 (4.0%)	
1/week	46 (30.7%)	7 (4.7%)
2-4/week	43 (28.7%)	54 (36.5%)
1/day	46 (30.7%)	44 (29.7%)
2 or more/day	17 (11.3%)	43 (29.1%)
<i>Outdoor active play is provided for all children</i>		
Missing	6 (4.0%)	
1/week	6 (4.0%)	4 (2.7%)
2-4/week	6 (4.0%)	5 (3.9%)
1/day	63 (42.0%)	57 (38.5%)
2 or more/day	69 (46.0%)	82 (55.4%)
<i>Active play time is withheld for children who misbehave</i>		
Missing	6 (4.0%)	
Often	1 (0.7%)	0
Sometimes	45 (30.0%)	22 (14.9%)
Never	91 (60.7%)	122 (82.4%)
We provide more active play	7 (4.7%)	4 (2.7%)

time for good behavior		
Children are seated more than 30 minutes at a time		
Missing	6 (4.0%)	
1 or more times per day	2 (1.3%)	2 (1.4%)
3-4 times per week	2 (1.3%)	3 (2.0%)
1-2 times per week	22 (14.7%)	3 (2.0%)
Less than once a week or never	118 (78.7%)	140 (94.6%)
TV and video use consist of...		
Missing	6 (4.0%)	
TV on for 5 or more hrs/week	4 (2.7%)	0
TV on for 3-4 hrs/week	1 (0.7%)	6 (4.1%)
TV on 30 min or less/week	4 (2.7%)	2 (1.4%)
TV used rarely or never	135 (90.0%)	140 (94.6%)

PHYSICAL ACTIVITY ENVIRONMENT AND POLICY

PLAY ENVIRONMENT	Pre N=150	Post N=148
	Number (%)	
Fixed play equipment		
Missing	6 (4.0%)	
Unavailable	3 (2.0%)	1 (0.7%)
Only one type of equipment available	7 (4.7%)	0
Different equipment that suits most children	66 (44.0%)	44 (29.7%)
Wide variety of equipment and meets all needs	68 (45.3%)	103 (69.6%)
Portable play equipment		
Missing	6 (4.0%)	
Little variety and children take turns	3 (2.0%)	0
Some variety and children take turns	62 (41.3%)	19 (12.8%)
Good variety, but children take turns	45 (30.0%)	35 (23.7%)
Lots of variety for children to use at same time	34 (22.7%)	94 (63.5%)
Outdoor portable play equipment		
Missing	6 (4.0%)	

Available during special times only	7 (4.7%)	4 (2.7%)
Located out of child sight and reach, staff must access	23 (15.3%)	6 (4.1%)
Available on request	70 (46.7%)	61 (41.2%)
Freely available at all times	44 (29.3%)	77 (52.0%)
Outdoor play space		
Missing	6 (4.0%)	
No open running spaces	0	0
Very limited open running spaces	9 (6.0%)	4 (2.7%)
Plenty of open running spaces, no track	31 (20.7%)	33 (22.3%)
Plenty of open running spaces, track	104 (69.3%)	111 (75.0%)
Indoor play space is available		
Missing	6 (4.0%)	
For quiet play only	0	0
For very limited movement	22 (14.7%)	3 (2.0%)
For some active play	45(30.0%)	55 (37.2%)
For all activities	77 (51.3%)	90 (60.8%)

PROGRAM AND CENTER ROLE MODELING	Pre (N=150)	Post (N=148)
	Number (%)	
Staff encouragement during active play time		
Missing	6 (4.0%)	
Supervise play only	15 (10.0%)	0
Sometimes encourage	13 (8.7%)	4 (2.7%)
Sometimes encourage children to be active and join children in active play	75 (50.0%)	42 (28.4%)
Often encourage children to be active and join children in active play	41 (27.3%)	102 (68.9%)
Support for physical activity is visibly displayed in classrooms and common areas		
Missing	6 (4.0%)	
No posters, pictures, or books about physical activity displayed	22 (14.7%)	0
A few posters, pictures, or books about physical activity displayed in a few rooms	89 (59.3%)	51 (34.5%)

Posters, pictures, or books about physical activity are displayed in most rooms	25 (16.7%)	50 (33.8%)
Posters, pictures, or books about physical activity are displayed in every room	8 (5.3%)	47 (31.8%)

PHYSICAL ACTIVITY EDUCATION FOR STAFF, CHILDREN, AND PARENTS	Pre (N=150)	Post (N=148)
	Number (%)	
<i>Training opportunities are provided for staff in physical activity</i>		
Missing	6 (4.0%)	
Rarely/never	22 (14.7%)	2 (1.4%)
< 1 /year	45 (30.0%)	7 (4.7%)
1/year	38 (25.3%)	51 (34.5%)
> 2/year	39 (26.0%)	88 (59.5%)
<i>Physical activity education is provided to children through a curriculum</i>		
Missing	6 (4.0%)	
Rarely/never	23 (15.3%)	20 (13.5%)
1/month	42 (28.0%)	18 (12.2%)
2-3/month	12 (8.0%)	31 (20.9%)
1/week or more	67 (44.7%)	79 (53.4%)
<i>Physical activity education is offered to parents</i>		
Missing	6 (4.0%)	
Rarely/never	68 (45.3%)	9 (6.1%)
< 1 /year	13 (8.7%)	20 (13.5%)
1/year	25 (16.7%)	32 (21.6%)
> 2/year	38 (25.3%)	87 (58.8%)

PHYSICAL ACTIVITY POLICY	Pre (N=150)	Post (N= 148)
	Number (%)	
<i>A written policy on physical activity that covers most of the preceding topic</i>		
Missing	7 (4.7%)	0
Does not exist	45 (30.0%)	0
Exists informally, but not written or followed	36 (24.0%)	9 (6.0%)
Is written, but not always followed	30 (20.0%)	101 (68.0%)
Is written, available, and followed	94 (33.6%)	38 (26.0%)

NUTRITION FOR INFANTS

INFANT FEEDING AND PRACTICES	Pre (n=150)	Post (n= 148)
	Number (%)	
<i>Sweets or sugar foods, including baby food desserts, are given</i>		
Do not serve infants/missing*	79 (52.7%)	67 (45.3%)
3 or more times per week	0	1 (0.7%)
2 times per week	0	0
1 time per week	3 (2.0%)	7 (4.7%)
Less than once a week or never	68 (45.3%)	73 (49.3%)
<i>Fried or pre-fried vegetables and meats are offered</i>		
Do not serve infants/missing*		67 (45.3%)
3 or more times per week	79 (52.7%)	0
2 times per week	1 (0.7%)	0
1 time per week	16 (10.7%)	4 (2.7%)
Less than once a week or never	54 (36.0%)	77 (52.0%)
<i>High-fat meats are offered</i>		
Do not serve infants/missing*	79 (52.7%)	67 (45.3%)
3 or more times per week	2 (1.3%)	0
2 times per week	3 (2.0%)	0
1 time per week	11 (7.3%)	6 (4.1%)
Less than once a week or never	55 (36.7%)	75 (50.7%)
<i>100% fruit juice is served to infants less than 12 months</i>		
Do not serve infants/missing*	79 (52.7%)	67 (45.3%)
At each meal/snack	0	1 (0.7%)
1 time per day	2 (1.3%)	0
1 time per week	8 (5.3%)	2 (1.4%)
Rarely or never	61 (40.7%)	78 (52.7%)
<i>Sugary drinks are offered to infants less than 12 months</i>		
Do not serve infants/missing*	79 (52.7%)	67 (45.3%)
At each meal/snack	0	0
1 time per day	0	0
1 time per week	0	0
Rarely or never	71 (47.3%)	81 (54.7%)
<i>The texture of foods offered progresses as an infant develops</i>		
Do not serve infants/missing*	79 (52.7%)	67 (45.3%)
Rarely or never	2 (1.3%)	0
Some of the time	2 (1.3%)	0
Most of the time	15 (1.0%)	7 (4.7%)
All of the time	52 (34.7%)	74 (50.0%)

Child care providers determine the best time to introduce solid foods by working with parents		
Do not serve infants/missing*	79 (52.7%)	67 (45.3%)
Based on age alone	1 (0.7%)	0
Based on age with some developmental readiness	2 (1.3%)	1 (0.7%)
Based on age, but mostly developmental readiness	6 (4.0%)	8 (5.4%)
Based on age and developmental readiness	62 (41.3%)	72 (48.7%)

BREASTFEEDING SUPPORT	Pre (N=150)	Post (N=148)
	Number (%)	
Training opportunities are available for staff supporting breastfeeding		
Do not serve infants/missing*	79 (52.7%)	67 (45.3%)
Rarely/never	29 (19.3%)	20 (13.5%)
Some of the time	24 (16.0%)	26 (17.6%)
Most of the time	4 (2.7%)	14 (9.5%)
All of the time	14 (9.3%)	21 (14.2%)
A designated area is provided for mothers to breastfeed their infants		
Do not serve infants/missing*	79 (52.7%)	67 (45.3%)
Not available	10 (6.7%)	1 (0.7%)
Sometimes available	5 (3.3%)	2 (1.4%)
Available, but sometimes not private and quiet	21 (14%)	32 (21.6%)
A private and quiet area is available all the time	35 (23.3%)	46 (31.1%)

ACTIVE AND INACTIVE PLAY TIME FOR INFANTS AND TODDLERS AGES 0-2 YEARS

ACTIVE AND INACTIVE PLAY TIME	Pre N=150	Post N=148
Supervised tummy time is provided to all infants		
Does not apply/missing*	6 (4.0%)	64 (43.2%)
Rarely or never	43 (28.7%)	0
2-3 times per week	4 (2.7%)	1 (0.7%)
1 time per day	21 (14.0%)	42 (28.4%)
Several times per day	76 (50.7%)	41 (27.7%)
Opportunities for moving around within the classroom is provided for all infants and/or toddlers		
Does not apply/missing*	6 (4.0%)	
Less than 1 time per day	41 (27.3%)	40 (27.0%)

1 time per day	2 (1.3%)	0
Several times per day	27 (18.0%)	19 (12.8%)
At all times	74 (49.3%)	89 (60.1%)
<i>Outdoor time is provided for all infants and/or toddlers</i>		
Does not apply/missing*	6 (4.0%)	
15-30 min/day	78 (52.0%)	67 (45.3%)
31-45 min/day	30 (20.0%)	32 (21.6%)
46-60 min/day	28 (18.7%)	27 (18.2%)
More than 60 min/day	8 (5.3%)	22 (14.9%)
<i>When outdoors, infants and/or toddlers are provided opportunities for exploration</i>		
Does not apply/missing*	6 (4.0%)	
Rarely or never	45 (30.0%)	40 (27.0%)
Some of the time	10 (6.7%)	3 (2.0%)
Most of the time	44 (29.3%)	35 (23.7%)
All of the time	45 (30.0%)	70 (47.3%)
<i>Toddlers are seated more than 30 minutes at a time</i>		
Does not apply/missing*	6 (4.0%)	
1 or more times per day	14 (9.3%)	15 (10.1%)
3-4 times per week	1 (0.7%)	0
1-2 times per week	1 (0.7%)	5 (3.4%)
Less than once a week or never	128(85.3%)	128 (86.5%)
<i>Infants are placed in a bouncy seat, swing, or play pen for more than 15 minutes at a time</i>		
Does not apply/missing	6 (4.0%)	20 (13.5%)
All of the time	16 (10.7%)	12 (8.1%)
Most of the time	1 (0.7%)	1 (0.7%)
Some of the time	39 (26.0%)	14 (9.5%)
Rarely or never	88 (58.7%)	101 (68.2%)
<i>Infants and toddlers are allowed to watch TV</i>		
Does not apply/missing*	6 (4.0%)	
1 or more time each day	14 (9.3%)	11 (7.4%)
2-4 times per week	0	0
1 time per week or less	1 (0.7%)	3 (2.0%)
Never	129 (86.0%)	134 (90.5%)

APPENDIX C

GROUP PROVIDER'S GRANT ACTIVITIES AND POLICY (BEST PRACTICES) SUMMARY

1) NUTRITION AND NUTRITION ENVIRONMENT POLICIES

Focus Areas	N (%)
<i>Nutritional Quality of meals and snacks (1-12 years)</i>	88 (59.5)
<i>Nutrition for infants</i>	1 (0.7)
<i>Nutrition environment</i>	16 (10.6)
<i>Nutrition education for staff/provider</i>	33 (22.3)
<i>Other policy area</i>	6 (4.1)
NA	4 (2.7)

Chosen Activities	N (%)
<i>Menu enhancements</i>	108 (72.9)
<i>Initiated family style meal service/improved</i>	9 (6.1)
<i>Garden started/expanded existing</i>	33 (22.3)
<i>Small equipment and supplies purchased</i>	72 (48.7)
<i>Nutrition education for staff/providers</i>	29 (19.6)
<i>Staff/provider training opportunities for infants and toddlers</i>	11 (7.4)
<i>Other activities (e.g. nutrition education for children)</i>	44 (29.7)
Policy Type	N (%)
<i>New policy</i>	44 (29.7)
<i>Existing policy that was strengthened</i>	100 (67.6)
NA	4 (2.7)

How Policy was Implemented	N (%)
<i>Staff/provider engagement and training</i>	105 (70.9)
<i>Parent communication</i>	46 (31.1)
<i>Facility program assessment tool</i>	58 (39.1)

Plan to sustain new or strengthened policy	N (%)
<i>Yes</i>	144 (97.3)

2) PHYSICAL ACTIVITY AND PHYSICAL ACTIVITY ENVIRONMENT POLICIES

Focus Areas	N (%)
<i>Active and inactive play time for ages 2-12</i>	36 (24.3)
<i>Active and inactive play time for ages birth-2</i>	3 (2.0)
<i>Play environment</i>	9 (6.1)
<i>Staff supporting physical activity</i>	71 (47.9)
<i>Physical activity education for staff/provider and children</i>	5 (3.4)
<i>Other policy areas</i>	3 (2.0)
NA	21 (14.2)

Chosen Activities	N (%)
<i>Small portable equipment and supplies purchased</i>	126 (85.1)
<i>Increased daily activity time</i>	83 (56.1)
<i>Staff/provider training opportunities</i>	31 (20.9)
<i>Physical activity education for staff/providers</i>	31 (20.9)
<i>Other (e.g. purchased physical activity curriculum such as I am Moving, I am Learning)</i>	30 (20.3)

Policy Type	N (%)
<i>New policy</i>	59 (39.9)
<i>Existing policy that was strengthened</i>	68 (45.9)
NA	21 (14.2)

How Policy was Implemented	N (%)
<i>Staff/provider engagement and training</i>	101 (68.2)
<i>Parent communication</i>	28 (18.9)
<i>Facility program assessment tool</i>	50 (33.8)

Plan to sustain new or strengthened policy	N (%)
Yes	124 (83.4)

3) PARENT OR CAREGIVER COMMUNICATION/OUTREACH POLICY

Focus Areas	N (%)
<i>Nutrition and physical activity education for parents/caregivers</i>	40 (27.0)
<i>Staff/provider</i>	148 (100)
<i>Family engagement activities</i>	57 (38.5)
<i>Other policy areas</i>	1 (0.7)
NA	43 (29.1)
Chosen Activities	N (%)
<i>Nutrition and physical activity special events</i>	116 (78.4)
<i>Supplies purchased to promote nutrition and/or physical activity</i>	101(68.2)
<i>Facility policy changes</i>	45 (30.4)
<i>Other (e.g. newsletters)</i>	25 (16.9)

Policy Type	N (%)
<i>New policy</i>	47 (31.8)
<i>Existing policy that was strengthened</i>	42 (28.4)
NA	59 (39.9)

How Policy was Implemented	N (%)
<i>Staff/provider engagement and training</i>	29 (19.6)
<i>Parent communication</i>	37 (25.0)
<i>Facility program assessment tool</i>	16 (10.8)

Plan to sustain new or strengthened policy	N (%)
Yes	101 (68.2)

APPENDIX D

FAMILY PROVIDER EVALUATION PRE/POST SURVEY SUMMARY

NUTRITION FOR CHILDREN AGES 1-12 YEARS

FRUIT AND VEGETABLES	Pre (n=280)	Post (n=255)
	Number (%)	
<i>F/V offered at snack</i>		
≤1 time per week	30 (10.7%)	12 (4.7%)
2 times per week	56 (20.0%)	25 (9.8%)
3-4 times per week	90 (32.1%)	98 (38.4%)
≥ 5 times per week	104 (37.1%)	120 (47.1%)
<i>Fruit, not juice, is offered at breakfast</i>		
≤1 time per week	17 (6.1%)	16 (6.3%)
2 times per week	38 (13.6%)	24 (9.4%)
3-4 times per week	76 (27.1%)	62 (24.3%)
≥ 5 times per week	149 (53.2%)	153 (60.0%)
<i>Different varieties of F/V are offered</i>		
Rarely or never	4 (1.4%)	0
Some of the time	74 (26.4%)	28 (10.9)
Most of the time	115 (41.1%)	123 (48.2)
All of the time	87 (31.1%)	104 (40.8)
<i>Fried or pre-fried potatoes are offered</i>		
≥ 3 times per week	7 (2.5%)	5 (1.9%)
2 times per week	36 (12.9%)	23 (9.0%)
1 time per week	74 (26.4%)	49 (19.2%)
≤1 time per week or never	163 (58.2%)	178 (69.8%)

GRAINS AND BREADS	Pre (n=280)	Post (n=255)
	Number (%)	
<i>Whole grain foods are offered</i>		
Unable to identify a whole grain	4 (1.4%)	0
≤ 1 time per week	27 (9.6%)	5 (1.9%)
2-4 times per week	137 (48.9%)	101 (39.6%)
1 time per day	37 (13.2%)	53 (20.8%)
≥ 2 times per day	75 (26.8%)	96 (37.7%)
<i>Low-sugar cereals are offered</i>		
Unable to identify		1 (0.4%)
Rarely or never	1 (0.4%)	26 (10.2%)
Some of the time	72 (25.7%)	43 (16.9%)

Most of the time	107 (38.2%)	80 (31.4%)
All of the time	77 (27.5%)	105 (41.2%)
<i>Sweetened grains/baked goods are offered</i>		
≥1 times per day	10 (3.6%)	7 (2.8%)
3-4 times per week	10 (3.6%)	6 (2.4%)
1-2 times per week	126 (45.0%)	75 (29.4%)
< 1 per week or never	134 (47.9%)	167 (65.5%)

MEAT/MEAT ALTERNATIVES	Pre (n=280)	Post (n=255)
	Number (%)	
<i>Processed and high-fat meats are offered</i>		
Missing		
≥ 3 times per week	24 (8.6%)	7 (2.8%)
2 times per week	88 (31.4%)	49 (19.2%)
1 time per week	88 (31.4%)	75 (29.4%)
< 1 time per week or never	80 (28.6%)	124 (48.6%)
<i>Fried or pre-fried meats are offered</i>		
Missing		
≥ 3 times per week	19 (6.8%)	5 (1.9%)
2 times per week	74 (26.4%)	37 (14.5%)
1 time per week	87 (31.1%)	76 (29.8%)
< 1 time per week or never	100 (35.7%)	137 (53.7%)
<i>Lean meats and meal alternates are offered</i>		
Missing		
Rarely or never	8 (2.9%)	2 (0.8%)
Some of the time	115 (41.1%)	39 (15.3%)
Most of the time	114 (40.7%)	157 (61.6%)
All of the time	43 (15.4%)	57 (22.4%)
<i>Seafood, not including processed fish sticks, is offered</i>		
Missing		
< 1 time per month or never	156 (55.7%)	96 (37.7%)
1-2 times per month	60 (21.4%)	82 (32.2%)
3 times per month	43 (15.4%)	49 (19.2%)
1-2 times per week	21 (7.5%)	28 (10.9%)
<i>Vegetarian meals are offered</i>		
Missing		
< 1 time per month or never	164 (58.6%)	103 (40.4%)
1-2 times per month	52 (18.6%)	66 (25.9%)

3 times per month	24 (8.6%)	28 (10.9%)
1 time per week	40 (14.3%)	58 (22.8%)

BEVERAGES	Pre (n=280)	Post (n=255)
	Number (%)	
<i>Visibility of drinking water</i>		
Missing		
Not visible	12 (4.3%)	13 (5.1%)
Visible, but only available during designated water breaks	5 (1.8%)	2 (0.8%)
Visible and available on request	167 (59.6%)	118 (46.3%)
Visible and available for self-serve	96 (34.3%)	122 (47.8%)
<i>100% juice if offered at breakfast</i>		
Missing		
≥ 3 or more times per week	64 (22.9%)	43 (16.9%)
2 times per week	57 (20.4%)	38 (14.9%)
1 time per week	34 (12.1%)	37 (14.5%)
< 1 time per week or never	125 (44.6%)	137 (53.7%)
<i>100% juice is offered at snack</i>		
Missing		
≥ 3 or more times per week	99 (35.4%)	47 (18.4%)
2 times per week	68 (24.3%)	64 (25.1%)
1 time per week	99 (35.4%)	40 (15.7%)
< 1 time per week or never	81 (28.9%)	104 (40.8%)
<i>Milk served to children over age 2</i>		
Missing		
No milk	1 (0.4%)	0
Whole	4 (1.4%)	2 (0.8%)
2% reduced-fat	10 (3.6%)	5 (1.9%)
1% low-fat or skim/non-fat	265 (94.6%)	248 (97.3%)

NUTRITION ENVIRONMENT AND POLICY

MENU PLANNING	Pre (n=280)	Post (n=255)
	Number (%)	
<i>Cycle menus used</i>		
Missing		
Rarely/never	172 (61.4%)	137 (53.7%)
1-3 week cycles	32 (11.4%)	33 (12.9%)
4-week cycles	21 (7.5%)	23 (9.0%)
4-week cycles w/seasonal change	55 (19.6%)	62 (24.3%)
<i>Menus include combination of new and familiar foods</i>		
Missing		
Rarely/never	14 (5.0%)	1 (0.4%)
Some of the time	132 (47.1%)	75 (29.4%)
Most of the time	87 (31.1%)	101 (39.6%)
All of the time	47 (16.8%)	78 (30.6%)
<i>Copies of menu provided to parents</i>		
Missing		
Rarely/never	95 (33.9%)	55 (21.6%)
Some of the time	43 (15.4%)	39 (15.3%)
Most of the time	21 (7.5%)	23 (9.0%)
All of the time	121 (43.2%)	138 (54.1%)
<i>Children provided with opportunities to taste new foods</i>		
Missing		
Rarely/never	15 (5.4%)	1 (0.7%)
1x every 3 months	34 (12.1%)	13 (5.1%)
1x/month	71 (25.0%)	47 (18.4%)
2x/month	161 (57.5%)	194 (76.1%)
<i>Menus are flexible/adapted for special dietary needs</i>		
Missing		
Rarely/never	18 (6.4%)	8 (3.1%)
Some of the time	32 (11.4%)	19 (7.5%)
Most of the time	64 (22.9%)	55 (21.6%)
All of the time	166 (59.3%)	173 (67.8%)
<i>Menus include food from other cultures</i>		
Missing		
Rarely/never	50 (17.9%)	22 (8.6%)
Some of the time	138 (49.3%)	121 (47.5%)

Most of the time	60 (21.4%)	63 (24.7%)
All of the time	32 (11.4%)	49 (19.2%)
Menus include locally grown F/V		
Missing		
Rarely/never	40 (14.3%)	16 (6.3%)
Some of the time, only in summer	144 (51.4%)	118 (46.3%)
Some of the time, both winter and summer	62 (22.1%)	52 (20.4%)
Most of the time	34 (12.1%)	69 (27.1%)

MEALTIME ENVIRONMENT, ROLE MODELING, AND STAFF/WORKPLACE WELLNESS	Pre (n=280)	Post (n=255)
	Number (%)	
<i>Children assist during mealtime routines by setting and cleaning up table</i>		
Missing		
Rarely or never	28 (10.0%)	21 (8.4%)
Some of the time	98 (35.0%)	65 (25.5%)
Most of the time	81 (28.9%)	86 (33.7%)
All of the time	73 (26.1%)	83 (32.6%)
<i>Meals are served family style</i>		
Missing		
Rarely or never	124 (44.3%)	52 (20.4%)
Some of the time	70 (25.0%)	88 (34.5%)
Most of the time	42 (15.0%)	55 (21.6%)
All of the time	44 (15.7%)	60 (23.5%)
<i>The following ages of children participate in family-style meals</i>		
Missing		
NA	0	45 (17.7%)
1 year +	51 (18.2%)	56 (21.9%)
2 years +	71 (25.4%)	86 (33.7%)
3 years +	70 (25.0%)	41 (16.1%)
4 years +	88 (31.4%)	27 (10.6%)
<i>Mealtime routines and environment are same for all children</i>		
Missing		
NA	106 (37.9%)	98 (38.4%)
Rarely or never	7 (2.5%)	10 (3.9%)
Some of the time	17 (6.1%)	16 (6.3%)
All of the time	150 (53.6%)	131 (51.4%)

Staff join children at the table for meals		
Missing		
Rarely or never	26 (9.3%)	14 (5.5%)
Some of the time	86 (30.7%)	51 (20.0%)
Most of the time	67 (23.9%)	79 (30.9%)
All of the time	101 (36.1%)	111 (43.5%)
Staff drink or eat less-healthy foods in front of the children, especially soda and fast food		
Missing		
Rarely or never	226 (80.7%)	223 (87.5%)
Some of the time	34 (12.1%)	15 (5.9%)
Most of the time	11 (3.9%)	5 (1.9%)
All of the time	9 (3.2%)	12 (4.7%)
Resources and support for staff wellness are offered and promoted		
Missing		
Rarely or never	95 (33.9%)	26 (10.2%)
Some of the time	55 (19.6%)	40 (15.7%)
Most of the time	41 (14.6%)	59 (23.4%)
All of the time	89 (31.8%)	130 (50.9%)

NUTRITION EDUCATION FOR STAFF, CHILDREN, AND PARENTS	Pre (n=280)	Post (n=255)
	Number (%)	
Nutrition education is provided for staff		
Missing		
Rarely/never	84 (30.0%)	25 (9.8%)
< 1 /year	25 (8.9%)	15 (5.9%)
1/year	88 (31.4%)	86 (33.7%)
> 2/year	83 (29.6%)	129 (50.6%)
Formal education is provided for children		
Missing		
Rarely/never	133 (47.5%)	48 (18.8%)
1/month	48 (17.1%)	92 (36.1%)
2-3/month	69 (24.6%)	60 (23.5%)
1/week or more	34 (12.1%)	55 (21.6%)
Informal nutrition education is provided for children		
Missing		
Rarely/never	30 (10.7%)	7 (2.8%)
1/month	48 (17.1%)	41 (16.1%)

2-3/month	69 (24.6%)	62 (24.3%)
1/week or more	133 (47.5%)	145 (56.9%)
<i>Nutrition education opportunities offered to parents</i>		
Missing		
Rarely/never	174 (62.1%)	58 (22.8%)
< 1 /year	16 (5.7%)	37 (14.5%)
1/year	40 (14.3%)	52 (20.4%)
> 2/year	50 (17.9%)	108 (42.4%)
<i>On-site garden or off-site garden is available</i>		
Missing		
Not available	124 (44.3%)	99 (38.8%)
Available, but children do not participate	12 (4.3%)	7 (2.8%)
Available and children sometimes participate	74 (26.4%)	64 (25.1%)
Garden available and children actively involved	70 (25.0%)	85 (33.3%)

FOODS BROUGHT FROM HOME	Pre (n=280)	Post (n=255)
	Number (%)	
<i>Foods brought from home</i>		
Missing		
Allowed with no guidelines	96 (34.3%)	39 (15.3%)
Allowed with written guidelines for healthier options that are not always enforced	36 (12.9%)	31 (12.2%)
Allowed with written guidelines for healthier options that are always enforced	38 (13.6%)	67 (26.3%)
Foods are not allowed to be brought in from home	110 (39.3%)	118 (46.3%)
<i>Holiday and special events are celebrated with healthy foods or with non-food treats like stickers</i>		
Missing		
Rarely/never	62 (22.1%)	26 (10.2%)
Some of the time	128 (45.7%)	94 (36.9%)
Most of the time	59 (21.1%)	90 (35.3%)
All of the time	31 (11.1%)	45 (17.7%)
<i>Fundraising consists of selling non-food items or healthy foods and beverages</i>		
Missing		

Rarely/never	210 (75.0%)	179 (70.2%)
Some of the time	27 (9.6%)	22 (8.6%)
Most of the time	11 (3.9%)	10 (3.9%)
All of the time	32 (11.4%)	44 (17.3%)

NUTRITION PROGRAM POLICY	Pre (n=280)	Post (n=255)
	Number (%)	
<i>A written policy on nutrition and food that covers at least one of the preceding topics</i>		
Missing		1 (0.7%)
Does not exist	73 (26.1%)	0
Exists informally, but not written or followed	56 (20.0%)	5 (2.0%)
Is written, but not always followed	17 (6.1%)	104 (40.7%)
Is written, available, and followed	134 (47.9%)	145 (56.7%)

PHYSICAL ACTIVITY FOR CHILDREN AGES 2-12 YEARS

ACTIVE AND INACTIVE PLAY TIME	Pre (n=280)	Post (n=255)
	Number (%)	
<i>Active play is provided to all children</i>		
Missing		
< 60 min/day	63 (22.5%)	13 (5.1%)
60-90 min/day	135 (48.2%)	105 (41.2%)
91-120 min/day	42 (15.0%)	74 (29.0%)
> 120 min/day	40 (14.3%)	63 (24.7%)
<i>Staff-led PA is provided to all children</i>		
Missing		
1/week	40 (14.3%)	7 (2.8%)
2-4/week	77 (27.5%)	45 (17.7%)
1/day	102 (36.4%)	95 (37.3%)
2 or more/day	61 (21.8%)	108 (42.4%)
<i>Outdoor active play is provided for all children</i>		
Missing		
1/week	5 (1.8%)	1 (0.4%)
2-4/week	54 (19.3%)	26 (10.2%)
1/day	122(43.6%)	69 (27.1%)
2 or more/day	99 (35.4%)	159 (62.4%)
<i>Active play time is withheld for children who misbehave</i>		

Missing		
Often	6 (2.1%)	1 (0.4%)
Sometimes	18 (6.4%)	9 (3.5%)
Never	238 (85.0%)	224 (87.8%)
We provide more active play time for good behavior	18 (6.4%)	21 (8.2%)
Children are seated more than 30 minutes at a time		
Missing		
1 or more times per day	26 (9.3%)	14 (5.5%)
3-4 times per week	21 (7.5%)	8 (3.1%)
1-2 times per week	26 (9.3%)	17 (6.7%)
Less than once a week or never	207 (73.9%)	216 (84.7%)
TV and video use consist of...		
Missing		
TV on for 5 or more hrs/week	27 (9.6%)	8 (3.1%)
TV on for 3-4 hrs/week	41 (14.6%)	25 (9.8%)
TV on 30 min or less/week	106 (37.9%)	97 (38.0%)
TV used rarely or never	106 (37.9%)	125 (49.0%)

PHYSICAL ACTIVITY ENVIRONMENT AND POLICY

PLAY ENVIRONMENT	Pre (n=280)	Post (n=255)
	Number (%)	
Fixed play equipment		
Missing		
Unavailable	59 (21.1%)	21 (8.2%)
Only one type of equipment available	47 (16.8%)	24 (9.4%)
Different equipment that suits most children	107 (38.2%)	82 (32.2%)
Wide variety of equipment and meets all needs	67 (23.9%)	128 (50.2%)
Portable play equipment		
Missing		
Little variety and children take turns	24 (8.6%)	7 (2.8%)
Some variety and children take turns	72 (25.7%)	21(8.2%)
Good variety, but children take turns	72 (25.7%)	51 (20.0%)
Lots of variety for children to use	112 (40.0%)	176 (69.0%)

at same time		
Outdoor portable play equipment		
Missing		
Available during special times only	25 (8.9%)	7 (2.8%)
Located out of child sight and reach, staff must access	20 (7.1%)	15 (5.7%)
Available on request	42 (15.0%)	24 (9.4%)
Freely available at all times	193 (68.9%)	209 (81.9%)
Outdoor play space		
Missing		
No open running spaces	1 (0.4%)	2 (0.8%)
Very limited open running spaces	22 (7.9%)	8 (3.1%)
Plenty of open running spaces, no track	118 (42.5%)	84 (32.9%)
Plenty of open running spaces, track	139 (49.6%)	161 (63.1%)
Indoor play space is available		
Missing		
For quiet play only	10 (3.6%)	3 (1.2%)
For very limited movement	47 (16.8%)	25 (9.8%)
For some active play	168 (60.0%)	150 (58.8%)
For all activities	55 (19.6%)	77 (30.2%)

PROGRAM AND CENTER ROLE MODELING	Pre (n=280)	Post (n=255)
	Number (%)	
Staff encouragement during active play time		
Missing		
Supervise play only	11 (3.9%)	0
Sometimes encourage	12 (4.3%)	3 (1.2%)
Sometimes encourage children to be active and join children in active play	82 (29.3%)	48 (18.8%)
Often encourage children to be active and join children in active play	175 (62.5%)	204 (80.0%)
Support for physical activity is visibly displayed in classrooms and common areas		
Missing		

No posters, pictures, or books about physical activity displayed	115 (41.1%)	46 (18.0%)
A few posters, pictures, or books about physical activity displayed in a few rooms	109 (38.9%)	115 (45.1%)
Posters, pictures, or books about physical activity are displayed in most rooms	31 (11.1%)	50 (19.6%)
Posters, pictures, or books about physical activity are displayed in every room	25 (8.9%)	44 (17.3%)

PHYSICAL ACTIVITY EDUCATION FOR STAFF, CHILDREN, AND PARENTS	Pre (n=280)	Post (n=255)
	Number (%)	
<i>Training opportunities are provided for staff in physical activity</i>		
Missing		
Rarely/never	150 (53.6%)	57 (22.4%)
< 1 /year	40 (14.3%)	26 (10.2%)
1/year	56 (20.0%)	90 (35.3%)
> 2/year	34 (12.1%)	82 (32.2%)
<i>Physical activity education is provided to children through a curriculum</i>		
Missing		
Rarely/never	111 (39.6%)	34 (13.3%)
1/month	33 (11.8%)	40 (15.7%)
2-3/month	46 (16.4%)	50 (19.6%)
1/week or more	90 (32.1%)	131 (51.4%)
<i>Physical activity education is offered to parents</i>		
Missing		
Rarely/never	202 (72.1%)	97 (38.0%)
< 1 /year	18 (6.4%)	31 (12.2%)
1/year	23 (8.2%)	55 (21.6%)
> 2/year	37 (13.2%)	72 (28.2%)

PHYSICAL ACTIVITY POLICY	Pre (n=280)	Post (n=255)
	Number (%)	
<i>A written policy on physical activity that covers most of the preceding topic</i>		
Missing	3 (1.1%)	0
Does not exist	98 (35.0%)	0
Exists informally, but not written or followed	60 (21.4%)	(6.0%)

Is written, but not always followed	25 (8.9%)	(68.0%)
Is written, available, and followed	94 (33.6%)	(26.0%)

NUTRITION FOR INFANTS

INFANT FEEDING AND PRACTICES	Pre (n=280)	Post (n=255)
	Number (%)	
<i>Sweets or sugar foods, including baby food desserts, are given</i>		
Do not serve infants/missing*	108 (38.6%)	47 (18.4%)
3 or more times per week	3 (1.1%)	4 (1.6%)
2 times per week	22 (7.9%)	10 (3.9%)
1 time per week	23 (8.2%)	9 (3.5%)
Less than once a week or never	124 (44.3%)	185 (72.5%)
<i>Fried or pre-fried vegetables and meats are offered</i>		
Do not serve infants/missing*	108 (38.6%)	47 (18.4%)
3 or more times per week	8 (2.9%)	1 (0.4%)
2 times per week	18 (6.4%)	4 (1.6%)
1 time per week	25 (8.9%)	15 (5.9%)
Less than once a week or never	121 (43.2%)	188 (73.7%)
<i>High-fat meats are offered</i>		
Do not serve infants/missing*	108 (38.6%)	47 (18.4%)
3 or more times per week	2 (7.1%)	0
2 times per week	17 (6.1%)	4 (1.6%)
1 time per week	26 (9.3%)	10 (3.9%)
Less than once a week or never	127 (45.4%)	194 (76.1%)
<i>100% fruit juice is served to infants less than 12 months</i>		
Do not serve infants/missing*	108 (38.6%)	47 (18.4%)
At each meal/snack	7 (2.5%)	7 (2.8%)
1 time per day	32 (11.4%)	32 (12.6%)
1 time per week	23 (8.2%)	25 (9.8%)
Rarely or never	110 (39.3%)	144 (56.5%)
<i>Sugary drinks are offered to infants less than 12 months</i>		
Do not serve infants/missing*	108 (38.6%)	47 (18.4%)
At each meal/snack	3 (1.1%)	1 (0.4%)
1 time per day	2 (7.1%)	1 (0.4%)
1 time per week	1 (0.4%)	5 (1.9%)
Rarely or never	166 (59.3%)	201 (78.8%)

<i>The texture of foods offered progresses as an infant develops</i>		
Do not serve infants/missing*	108 (38.6%)	47 (18.4%)
Rarely or never	4 (1.4%)	9 (3.5%)
Some of the time	8 (2.9%)	17 (6.7%)
Most of the time	51 (18.2%)	36 (14.1%)
All of the time	109 (38.9%)	146 (57.3%)
<i>Child care providers determine the best time to introduce solid foods by working with parents</i>		
Do not serve infants/missing*	108 (38.6%)	47 (18.4%)
Based on age alone	6 (2.1%)	5 (1.9%)
Based on age with some developmental readiness	7 (2.5%)	8 (3.1%)
Based on age, but mostly developmental readiness	39 (13.9%)	44 (17.3%)
Based on age and developmental readiness	120 (42.9%)	151 (59.2%)

BREASTFEEDING SUPPORT	Pre (n=280)	Post (n=255)
	Number (%)	
<i>Training opportunities are available for staff supporting breastfeeding</i>		
Do not serve infants/missing*	108 (38.6%)	47 (18.4%)
Rarely/never	94 (33.6%)	68 (26.7%)
Some of the time	18 (6.4%)	31 (12.2%)
Most of the time	13 (4.6%)	20 (7.8%)
All of the time	47 (16.8%)	89 (34.9%)
<i>A designated area is provided for mothers to breastfeed their infants</i>		
Do not serve infants/missing*	108 (38.6%)	47 (18.4%)
Not available	30 (10.7%)	18 (7.1%)
Sometimes available	7 (2.5%)	7 (2.8%)
Available, but sometimes not private and quiet	31 (11.1%)	42 (16.5%)
A private and quiet area is available all the time	104 (37.1%)	141 (55.3%)

ACTIVE AND INACTIVE PLAY TIME FOR INFANTS AND TODDLERS AGES 0-2 YEARS

ACTIVE AND INACTIVE PLAY TIME	Pre (n=280)	Post (n=255)
<i>Supervised tummy time is provided to all infants</i>		
Does not apply/missing*		16 (6.3%)
Rarely or never	10 (3.6%)	1 (0.4%)
2-3 times per week	13 (4.6%)	13 (5.1%)

1 time per day	32 (11.4%)	76 (29.8%)
Several times per day	225 (80.4%)	149 (58.4%)
Opportunities for moving around within the classroom is provided for all infants and/or toddlers		
Does not apply/missing*		
Less than 1 time per day	3 (1.1%)	0
1 time per day	6 (2.1%)	1 (0.4%)
Several times per day	58 (20.7%)	69 (27.1%)
At all times	213 (76.1%)	185 (72.6%)
Outdoor time is provided for all infants and/or toddlers		
Does not apply/missing*		
15-30 min/day	110 (39.3%)	40 (15.7%)
31-45 min/day	72 (25.7%)	45 (17.7%)
46-60 min/day	53 (18.9%)	63 (24.7%)
More than 60 min/day	45 (16.1%)	107 (41.9%)
When outdoors, infants and/or toddlers are provided opportunities for exploration		
Does not apply/missing*		
Rarely or never	9 (3.2%)	1 (0.4%)
Some of the time	45 (16.1%)	25 (9.8%)
Most of the time	90 (32.1%)	78 (30.6%)
All of the time	136 (48.6%)	151 (59.2%)
Toddlers are seated more than 30 minutes at a time		
Does not apply/missing*		
1 or more times per day	22 (7.9%)	8 (3.1%)
3-4 times per week	19 (6.8%)	7 (2.8%)
1-2 times per week	27 (9.6%)	18 (7.1%)
Less than once a week or never	212 (75.7%)	222 (87.1%)
Infants are placed in a bouncy seat, swing, or play pen for more than 15 minutes at a time		
Does not apply/missing		15 (5.9%)
All of the time	5 (1.8%)	4 (1.6%)
Most of the time	8 (2.9%)	5 (1.9%)
Some of the time	123 (43.9%)	75 (29.4%)
Rarely or never	144 (51.4%)	156 (61.2%)
Infants and toddlers are allowed to watch TV		
Does not apply/missing*		
1 or more time each day	45 (16.1%)	15 (5.9%)
2-4 times per week	47 (16.8%)	25 (9.8%)
1 time per week or less	71 (25.4%)	74 (29.0%)
Never	117 (41.8%)	141 (55.3%)

APPENDIX E

FAMILY PROVIDER'S GRANT ACTIVITIES AND POLICY (BEST PRACTICES) SUMMARY

1) NUTRITION AND NUTRITION ENVIRONMENT POLICIES

Focus Areas	N (%)
<i>Nutritional Quality of meals and snacks (1-12 years)</i>	168 (65.9)
<i>Nutrition for infants</i>	1 (0.4)
<i>Nutrition environment</i>	40 (15.7)
<i>Nutrition education for staff/provider</i>	28 (10.9)
<i>Other policy area</i>	13 (5.1)
NA	5 (2.0)

Chosen Activities	N (%)
<i>Menu enhancements</i>	195 (76.5)
<i>Initiated family style meal service/improved</i>	78 (30.6)
<i>Garden started/expanded existing</i>	92 (36.1)
<i>Small equipment and supplies purchased</i>	77 (30.2)
<i>Nutrition education for staff/providers</i>	39 (15.3)
<i>Staff/provider training opportunities for infants and toddlers</i>	30 (11.8)
<i>Other activities (e.g. nutrition education for children)</i>	19 (7.5)

Policy Type	N (%)
<i>New policy</i>	123 (48.2)
<i>Existing policy that was strengthened</i>	120 (47.1)
NA	12 (4.7)

How Policy was Implemented	N (%)
<i>Staff/provider engagement and training</i>	44 (17.3)
<i>Parent communication</i>	130 (51.0)
<i>Facility program assessment tool</i>	115 (45.1)

Plan to sustain new or strengthened policy	N (%)
Yes	237 (92.9)

2) PHYSICAL ACTIVITY AND PHYSICAL ACTIVITY ENVIRONMENT POLICIES

Focus Areas	N (%)
<i>Active and inactive play time for ages 2-12</i>	128 (50.2)
<i>Active and inactive play time for ages birth-2</i>	18 (7.1)
<i>Play environment</i>	30 (11.8)
<i>Staff supporting physical activity</i>	46 (18.0)
<i>Physical activity education for staff/provider and children</i>	22 (8.6)
<i>Other policy areas</i>	5 (2.0)
NA	6 (2.4)

Chosen Activities	N (%)
<i>Small portable equipment and supplies purchased</i>	194 (76.1)
<i>Increased daily activity time</i>	210 (82.4)
<i>Staff/provider training opportunities</i>	35 (13.7)
<i>Physical activity education for staff/providers</i>	52 (20.4)
<i>Other (e.g. purchased physical activity curriculum such as I am Moving, I am Learning)</i>	20 (7.8)

Policy Type	N (%)
<i>New policy</i>	104 (40.8)
<i>Existing policy that was strengthened</i>	134 (52.6)
NA	17 (6.7)

How Policy was Implemented	N (%)
<i>Staff/provider engagement and training</i>	192 (75.3)
<i>Parent communication</i>	102 (40)
<i>Facility program assessment tool</i>	116 (45.5)

Plan to sustain new or strengthened policy	N (%)
Yes	226 (88.6)

3) PARENT OR CAREGIVER COMMUNICATION/OUTREACH POLICY

Focus Areas	N (%)
<i>Nutrition and physical activity education for parents/caregivers</i>	129 (50.6)
<i>Staff/provider</i>	18 (7.1)
<i>Family engagement activities</i>	38 (14.9)
<i>Other policy areas</i>	12 (4.7)
NA	58 (22.8)
Chosen Activities	N (%)
<i>Nutrition and physical activity special events</i>	87 (34.1)
<i>Supplies purchased to promote nutrition and/or physical activity</i>	185 (72.6)
<i>Facility policy changes</i>	255 (100.0)
<i>Other (e.g. newsletters)</i>	47 (18.4)

Policy Type	N (%)
<i>New policy</i>	85 (33.3)
<i>Existing policy that was strengthened</i>	100 (39.2)
NA	70 (27.5)

How Policy was Implemented	N (%)
<i>Staff/provider engagement and training</i>	25 (9.8)
<i>Parent communication</i>	104 (40.8)
<i>Facility program assessment tool</i>	47 (18.4)

Plan to sustain new or strengthened policy	N (%)
Yes	177 (69.4)

APPENDIX F

ACTIVE EARLY/HEALTHY BITES WELLNESS GRANT RESOURCE SUMMARY

ACTIVE EARLY AND HEALTHY BITES RESOURCE GUIDES

	Group Providers N=148	Family Providers N=255
	Number (%)	
<i>Frequency of using <u>Active Early</u> when developing/implementing wellness policy</i>		
Rarely/never	4 (2.7%)	17 (6.7%)
Some of the time	72 (48.7%)	106 (41.6%)
Most of the time	55 (37.2%)	89 (34.9%)
All of the time	17 (11.5%)	43 (16.9%)
<i>Use of <u>Active Early</u> when developing/implementing wellness policy</i>		
Not at all useful	1 (0.7%)	7 (2.7%)
A little useful	50 (33.8%)	32 (12.6%)
Somewhat useful	17 (11.5%)	84 (32.9%)
Very useful	80 (54.1%)	132 (51.8%)
<i>Frequency of using <u>Healthy Bites</u> when developing/implementing wellness policy</i>		
Rarely/never	1 (0.7%)	12 (4.7%)
Some of the time	66 (44.6%)	86 (33.7%)
Most of the time	56 (37.8%)	105 (41.2%)
All of the time	25 (16.9%)	52 (20.4%)
<i>Use of <u>Healthy Bites</u> when developing/implementing wellness policy</i>		
Not at all useful	0	7 (2.7%)
A little useful	47 (31.8%)	33 (12.9%)
Somewhat useful	16 (10.8%)	79 (31.0%)
Very useful	85 (57.4%)	136 (53.3%)