

## **Project Title: Early Childhood and Care Education (ECE) Evaluation Project**

### **ECE Project Background**

In 2017, Wellness Guidelines for Nutrition and Physical Activity in ECE settings were developed in Hawaii. The aim of this project was to create a self-assessment tool aligned with Hawaii's ECE Wellness Guidelines in order to provide the Hawaii DOH Chronic Disease Prevention and Health Promotion Division (CDPHPD) and ECE stakeholders with baseline data on the implementation of the wellness guidelines. The goal of the self-assessment tool is to gain a better understanding of nutrition and physical activity practices currently implemented across early child care facilities in Hawaii and to identify areas where further support and resources may be useful.

### **Key Activities**

The Healthy Hawaii Initiative Evaluation Team (HHIET) reviewed existing literature and resources and found that there are some useful tools already in place to assess wellness guideline policies and implementation. HHIET determined that among the available tools, the Nutrition and Physical Activity Self-Assessment for Child Care (NAP SACC) was most relevant to the existing guidelines in Hawaii, both in terms of format and content.

The UH Evaluation Team then developed four online surveys covering all 84 best practices from the Wellness Guidelines. ECE content area experts were also invited to review the surveys before finalizing.

Four separate self-assessment surveys were created and organized by topic area:

- Survey #1 - Infant Feeding
- Survey #2 - Nutritious Foods and Beverages
- Survey #3 - Nutrition Environment and Nutrition Learning Experiences
- Survey #4 - Physical Activity and Screen Time

Using a provider database received from PATCH, approximately 600 licensed ECE providers will be invited to complete 1 of the 4 surveys.

Potential future directions for this project may focus on distribution of the survey through the DOH website, incentives for provider use, professional development and technical assistance opportunities, and the creation of a more formal recognition system to raise the profile of the guidelines and celebrate the accomplishments of ECE providers.

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