

Self-Assessment for Child Care Nutrition and Physical Activity Policies

This tool is intended to help child care programs assess their current nutrition and physical activity practices and identify areas in need of improvement, based on the policy recommendations of the Connecticut State Department of Education’s (CSDE) *Action Guide for Child Care Nutrition and Physical Activity Policies*. This document is the last of six self-assessment tools, available on the CSDE Web site at <http://www.sde.ct.gov/sde/cwp/view.asp?a=2678&Q=322596>.

Step 1 — Assessment. Check the appropriate box to indicate whether each policy recommendation is fully implemented, partially implemented or not implemented by the child care program. If a policy recommendation does not apply, check “NA” (not applicable). For example, the policy recommendations for infants do not apply to an afterschool program serving school-age children.

EVALUATION	IMPLEMENTATION			
Monitoring	Full	Partial	None	NA
▶ The child care program develops a plan to evaluate the implementation of nutrition and physical activity policies and practices. The plan: <ul style="list-style-type: none"> • addresses how policy impact will be evaluated, including changes to staff members’ practices and children’s behavior; and • designates who is responsible for ensuring policy compliance, such as the health advisory team or program administrator. 				
▶ In facilities with multiple sites, the child care program designates an individual at each site who ensures compliance with program policies and reports on the site’s compliance to the health advisory team, program administrator or designee.				
Policy Review	Full	Partial	None	NA
▶ The child care program identifies a strategy and schedule to regularly review policy compliance, assess progress and determine areas in need of improvement. As part of that process, the child care program regularly reviews current nutrition and physical activity policies and observes program practices.				
▶ The child care program determines whether policy revisions are needed based on local evaluation data, national and state standards, regulations and research on health trends and effective programs. As necessary, the child care program revises current policies and develops work plans to facilitate their implementation.				

Step 2 — Prioritize Areas for Change. Review the areas rated “none” or “partial” and identify the priority areas for change in your child care program. For implementation strategies and resources, see the CSDE’s *Action Guide for Child Care Nutrition and Physical Activity Policies* at <http://www.sde.ct.gov/sde/cwp/view.asp?a=2678&Q=322562>.

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2. _____
3. _____
4. _____
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Connecticut State Department of Education, Bureau of Health/Nutrition, Family Services and Adult Education, 25 Industrial Park Road, Middletown, CT 06457

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