



Go NAPSACC

Go NAPSACC (**N**utrition **A**nd **P**hysical **A**ctivity **S**elf-**A**ssessment for **C**hild **C**are) is an evidence-based online tool for improving the health of young children through practices, policies, and environments that instill habits supporting lifelong health and well-being. The program allows providers to focus on any of seven [best practice modules](#) which include: child nutrition, breastfeeding, farm to ECE, oral health, physical activity, outdoor play and learning, and screen time.

Go NAPSACC offers a [5 step improvement process](#):

1. **Assess** – child care providers take a [self-assessment](#) to assess their current practices and identify areas in need of improvement.
2. **Plan** – providers set goals and create plans for improvement based on their self-assessment results using the action planning tool
3. **Take Action** – providers put their plans into action and reach their goals by using the online tips and materials that include: how-to guides, lesson plans, and educational materials for staff and communication tools for working with parents.
4. **Learn More** – providers take part in online trainings in the best practice modules. Trainings show providers how their practices improve children’s health, and offer clear and practical advice for improving practices in their own programs.
5. **Keep it up** - once providers have accomplished their goals, they take the self-assessment again in order to document their improvement.

Go NAPSACC is offered to all child care centers in the state of Louisiana at no cost. In order for child care providers to access Go NAPSACC’s online platform, they must be invited by a Go NAPSACC consultant.

For more information on Go NAPSACC or to be connected to a Go NAPSACC consultant in your area, email Well-Ahead Louisiana at wellahead@la.gov.

Information about Go NAPSACC can also be found on [Well-Ahead Louisiana’s website](#).