



An Obesity Prevention Program:

- Two part project—Hands on teacher trainings & One on one consulting with directors
- 18 Sites in 2008/2009 (Family Childcare Homes & Centers)
- 12 Sites in 2009/2010 (Centers Only)
- Program runs throughout Napa County
- Serving approximately 500 children age 0-5 each month.
- Approximately 50-75 teachers served yearly

- NAP SACC Goal setting includes:
 - Self Assessment
 - Observation
 - Action Planning Session
 - Follow up and Assistance throughout the year

- Center-wide Changes have included:
 - Increasing fruits and veggies in weekly snack menus
 - Increasing structured physical activity
 - Compiling a written policy on Physical Activity
 - Holding Nutrition Education nights for Parents
 - Expanding snack selection, variety and use of ethnic foods
 - Increasing portable play equipment

Active Bodies

Monthly Themes

Space/Boundaries

Bean Bags and Body Awareness

Locomotion: Creep Crawl, Walk and March

Gross Motor: Tunnels and Hoops

Tumbling/Rolling & Balancing

Balls, Balls, Balls

Musical Instruments and Rhythm

Nutrition and Parachute Play

Turn off the TV/Imagination

Obstacle Course and Relays

