

## Using NAP SACC to Promote Healthy Weight in 2 to 5 Year Old Children

### Child Care Centers and Family Child Care Homes Play an Important Role

Good nutrition and plenty of physical activity are key to a young child's growth and development. These behaviors begin early in life and are fostered by the environment in which children live and play. Because many children spend much of their day in a child care facility, these environments play a critical role. Creating a healthy environment requires leadership and commitment.

### The NAP SACC Program is Designed to Help Prevent Child Obesity

Due to an alarming increase in the rate of obesity in young children, the Nutrition and Physical Activity Self-Assessment for Child Care or NAP SACC program was developed by the University of North Carolina Center for Health Promotion and Disease Prevention and the North Carolina Department of Health and Human Services. NAP SACC uses a self-assessment instrument to identify strengths and challenges to healthy eating and physical activity in child care settings, followed by goal setting, workshop delivery, and on-going technical assistance provided by trained NAP SACC consultants. It was evaluated statewide in a sample of child care centers with much success and is currently being used by health professionals nationwide.

### Tools to Help Implement NAP SACC

In addition to the NAP SACC self-assessment instrument, the program provides: 1) the NAP SACC Consultation Guide with technical assistance materials and additional resources; 2) handouts for center staff and parents; and 3) materials to guide the five NAP SACC continuing education workshops. NAP SACC consultants and child care staff can find a number of suggestions on why and how to improve on areas such as fried food consumption and television viewing, as well as resources for how to implement change. Each topic area covers information on how to get children on board and how to get parent support in making changes at the child care facility.

### Objectives of the NAP SACC Program

1. To provide child care facilities with a system and tools to assess their own nutrition and physical activity environment and make changes to support healthy weight among children.
2. To promote healthy eating in preschool age children in child care settings by serving appropriate foods and role modeling healthy eating behaviors.
3. To promote active play in preschool age children in child care settings by providing plenty of indoor/outdoor play time and role modeling a physically active lifestyle.
4. To reach out to parents through child care settings to promote healthy weight behaviors at home.

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For more information on how your center can be a part of the NAP SACC training program, contact the Child Care Nursing Program supervisor, Avis Wright at 641-6635.

## Immunization Reports

If you are a home provider who received your packet in March 2008 and have not completed and returned it yet, please do so immediately. If you are a center or home that has not received a packet or for any other reason have not submitted your report, please call your nurse. If you aren't sure how to reach your nurse, please call Avis Wright, Child Care Nursing Supervisor at 641-6635.



It is important to remember that the director is responsible for getting and maintaining up to date immunization records on all children.



### The Tooth of the Matter Penn Gruehn, PHRDH, CCHC



### Brushing and Flossing

Brushing and flossing are important parts to your daily routine. Here are some tips to help you:

- Avoid toothbrushes with hard bristles, which can damage your gums. Use a toothbrush with soft rounded ends.
- Brush your teeth gently. Don't squash the bristle. Bent bristles mean you're brushing too hard.
- Replace your toothbrush every two to three months, or as soon as the bristles are bent or worn. A worn-out toothbrush does not clean your teeth properly and can hurt your gums. You should also replace the toothbrush after you have had a cold or strep throat.
- Be sure you are reaching every tooth. The toothbrush can only clean one to two teeth at a time, so move it around.
- By the time you are eight years old, you can floss your own teeth. To floss form a loop of floss by tying the ends of a 10-inch piece of floss forming a circle. Hold the floss tightly between the thumb and finger to floss.
- Floss your teeth the same way each time, so that you don't miss any teeth.
- Floss gently, so you don't hurt your gums.

Source: [www.keepkidssmiling.com](http://www.keepkidssmiling.com)

## A Few New Faces

Introducing....

### A New Dental Hygienist - Anita Briggs

We now have a *second* dental hygienist in the Child Care Unit at the Guilford County Department of Public Health! Anita Briggs joined our unit in November 2007 and is now serving children in centers and homes with dental education and dental screening. Anita attended GTCC for dental hygiene training and worked in a private dental practice in High Point for more than 20 years. She came to the Guilford County Department of Public Health in 1999 to provide dental education and dental screening for public school children from kindergarten through fifth grade. Now, she will be working with the preschool aged children in the High Point/Jamestown area. Anita and her husband live in High Point. They have two grown sons and five grandchildren.



If your child care center or home is in High Point or Jamestown, give Anita a call at 641-6716 for a presentation or screening visit. If you are in another area of Guilford County, call Penn Gruehn at 641-4074.

### Two New Nurses

#### Shawnda Gainey

Shawnda is a graduate of East Carolina University School of Nursing and has been a registered nurse for approximately 10 years. She worked as an Assessment Nurse for Advanced Homecare until she came to the health department. During her first year at the Guilford County Department of Public Health, Shawnda worked as a Maternity Care Coordinator. She recently joined the Child Care Nursing Unit in November 2007. In her spare time she enjoys spending time with her two sons, ages 4 and 8.



#### Majena Groomes

If you think her name sounds familiar, you are right! Majena joined the Child Care Nursing Program in November 2007 but was a member of the Guilford County Department of Public Health staff from 1996 to 2003. She is a graduate from North Carolina A&T University's School of Nursing. In addition to her experience in public health, she has also worked in various aspects of home health. She enjoys spending time with her two sons and her hobbies include reading, movies and travel.



### Cook's Training

Please join Guilford County Children's Environmental Health for a training session on serving food safely in your child care center. We'll follow the food from the time it comes into the center until it goes out on the plate.

Anyone that handles, prepares, serves food or just wants to know more about food safety is welcome. So, come one, come all and learn how to help keep our children's food safe.

**May 27, 2008**

**1:00 to 5:00**

**Room 122 @ 1203 Maple Street (DSS Building)**

**Greensboro, NC 27405**

RSVP: [wgaithe@co.guilford.nc.us](mailto:wgaithe@co.guilford.nc.us)

[rclark@co.guilford.nc.us](mailto:rclark@co.guilford.nc.us)

[selling@co.guilford.nc.us](mailto:selling@co.guilford.nc.us)

## The Dilemma of Health Risk from Plastic Containers

The dilemma of health risk from plastic containers continues to be studied and there is much controversy surrounding the seriousness of the issue. Below you will find a list of websites with information regarding the topic. Feel free to visit these websites and gather information to come to an informed opinion on the matter.

[www.ewg.org/reports/infantformula](http://www.ewg.org/reports/infantformula)

On the link below you will find the source used by the North Carolina Child Care Health and Safety Resource Center (February/March 2008 Issue) in its answer to a child care provider with a concern about feeding children safely in child care.

<http://www.environmentalhealthnews.org/newscience/2007/2007-1109calafatetal.html>

The next web link provides an article that gives the history of bisphenol-A (BPA) which has been around since 1891 and has been widely used in plastics since the 1950's.

<http://www.newsobserver.com/news/story/1011123.html>

The Centers for Disease Control provides the next website, which will help you better understand BPA. It also lists many of the common items that have the chemical BPA.

[www.cdc.gov/exposurereport/pdf/factsheet\\_bisphenol.pdf](http://www.cdc.gov/exposurereport/pdf/factsheet_bisphenol.pdf)

If you have further questions contact your child care nurse or your Environmental Health Specialist.

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Child Care/Preschool Unit

Guilford County Department of Public Health

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