

Self-Assessment for Child Care Nutrition and Physical Activity Policies

Policy Component 6: Evaluation

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 one of six self-assessment tools available in the “[Documents/Forms](#)” section of the CSDE’s [Child Care Nutrition and Physical Activity Policies](#) webpage.



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. Refer to the child care program’s policies and guidelines. 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.

| Monitoring | Implementation | | | |
|---|----------------|---------|------|----|
| | Full | Partial | None | NA |
| 1. The child care program develops a plan to evaluate the implementation of nutrition and physical activity policies and practices. The plan: | | | | |
| • 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. | | | | |
| 2. 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 |
| 3. 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. | | | | |
| 4. 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. | | | | |

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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*.

1. _____
2. _____
3. _____
4. _____
5. _____

Step 3 — Develop an action plan for each priority area. For more information, refer to the CSDE’s action planning form and sample completed action planning form in the “[Documents/Forms](#)” section of the CSDE’s [Child Care Nutrition and Physical Activity Policies](#) webpage.

Resources

Action Guide for Child Care Nutrition and Physical Activity Policies (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/CCPolicy/Child_Care_Action_Guide.pdf

Child Care Nutrition and Physical Activity Policies (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Child-Care-Nutrition-and-Physical-Activity-Policies>

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For more information, visit the CSDE's [Child Care Nutrition and Physical Activity Policies](#) webpage, or contact the [CACFP staff](#) in the CSDE's Bureau of Child Nutrition Programs, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

This document is available at https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/CCPolicy/Assess_Policies_Evaluation.pdf.

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