

Healthy Eating Active Living (HEAL) in Child Care: Self-Assessment

Your Name: _____ Date: _____

Child Care Program Name: _____

Child Care Program Address: _____

Contact Email: _____ Phone: _____

Position: _____

The following sections describe ways that child care professionals can provide optimal support for feeding children healthy foods and providing opportunities for physical activity. Below each section are specific actions and recommended practices. Use this assessment to understand your current practices, to track changes in your program and as a training tool to help your program improve its healthy eating and active living support.

Please read each practice below and check the box that best reflects the practices most often used in your program currently. To be considered HEAL Friendly, all checks need to be in the “HEAL Friendly” or “HEAL Advocate” columns.

1. Nutritional Quality of Foods/Beverages Served

Practice	Progressing	HEAL Friendly	HEAL Advocate
Healthy foods* are provided by the program for meals and snacks and include <input type="checkbox"/> N/A (choose N/A if foods are mostly provided by parents)	<input type="checkbox"/> a fruit or vegetable served daily; whole grains served one time daily or less; yogurts and cereals served are occasionally low in sugar*	<input type="checkbox"/> a fruit or vegetable served at each meal and snack; whole grains served at each meal and snack; yogurts and cereals served are always low in sugar*	<input type="checkbox"/> a fruit and vegetable served at each meal and snack; whole grains are always served; yogurts and cereals served are always low in sugar*
Families bring healthy foods* and beverages** <input type="checkbox"/> N/A (choose N/A if foods are mostly provided by the program)	sometimes, but less than half of the time	at least half of the time	<input type="checkbox"/> all of the time
Healthy foods* and beverages ** provided by the program and by families for celebrations (such as birthdays, holidays and special events) include	<input type="checkbox"/> a fruit or vegetable served on occasion but not always; sugar sweetened beverages occasionally served	<input type="checkbox"/> fruits or vegetables always provided; sugar sweetened beverages not served	<input type="checkbox"/> only non-food items or healthy foods* and beverages** served

Drinking water is	<input type="checkbox"/> always available, but the access is not obvious and/or children need to rely on adults to obtain	<input type="checkbox"/> always visible, available inside and outside for self-service; children are prompted to drink water throughout the day	<input type="checkbox"/> always visible, available inside and outside for self-service; children are prompted to drink water throughout the day; and staff drink water in front of children
100% juice is	<input type="checkbox"/> served more than twice per week (more than once per week for part day)	<input type="checkbox"/> served less than twice per week (less than once per week for part day)	<input type="checkbox"/> not served
Sugar sweetened beverages are	<input type="checkbox"/> served occasionally	<input type="checkbox"/> not served	<input type="checkbox"/> not served; staff do not drink sugar sweetened beverages when caring for children
A variety of healthy food* is provided by using a <input type="checkbox"/> N/A (choose N/A if foods are mostly provided by parents)	<input type="checkbox"/> 2 week or shorter cycle menu	<input type="checkbox"/> 3 week or longer cycle menu	<input type="checkbox"/> 3 week or longer cycle menu with seasonal change; new foods and recipes are included occasionally

***Healthy foods include fruits (fresh or frozen or canned in 100% juice); vegetables (fresh or frozen or if canned, rinsed under water to remove some salt); low-sugar foods and cereals (≤ 6 g sugar per dry ounce of cereal); low-sugar yogurt (≤ 23 grams sugar per 6 ounce serving), whole grains (whole-wheat flour, bulgur (cracked wheat), oatmeal, whole cornmeal, quinoa and brown rice; protein sources such as eggs, beans, lentils, nut butters, seeds, low fat dairy products, lean meats, baked fish and poultry and healthy fats such as avocados. No fried or pre-fried foods. Variety is essential.**

****Healthy beverages include water, low fat or nonfat milk (ages 2 and older), whole milk (children under 2), unsweetened milks and milk alternatives.**

2. Amount and Quality of Physical Activity:

Practice	Progressing	HEAL Friendly	HEAL Advocate
<p>Tummy time for infants is provided</p> <p><input type="checkbox"/> N/A (choose N/A if the program doesn't serve infants)</p>	<p><input type="checkbox"/> less than 4 times daily (twice daily for part day)</p>	<p><input type="checkbox"/> at least 4 times per day (twice daily for part day)</p>	<p><input type="checkbox"/> at least 4 times per day (twice daily for part day) and is individualized for each child</p>
<p>Infants are placed in swings, seats, saucers, etc. (outside of nap and mealtime)</p> <p><input type="checkbox"/> N/A (choose N/A if the program doesn't serve infants)</p>	<p><input type="checkbox"/> 15 minutes or more at a time</p>	<p><input type="checkbox"/> less than 15 minutes at a time</p>	<p><input type="checkbox"/> never</p>
<p>Toddlers are provided with physical activity (indoor and outdoor)</p> <p><input type="checkbox"/> N/A (choose N/A if the program doesn't serve Toddlers)</p>	<p><input type="checkbox"/> less than 60 minutes per day (30 minutes for part day)</p>	<p><input type="checkbox"/> 60-90 minutes per day (30-45 minutes for part day)</p>	<p><input type="checkbox"/> at least 90 minutes per day (45 minutes for part day); imbedded in daily schedule</p>
<p>Preschool children are provided with physical activity (indoor and outdoor)</p>	<p><input type="checkbox"/> less than 90 minutes per day (45 minutes for part day)</p>	<p><input type="checkbox"/> 90-120 minutes per day (45-60 minutes for part day)</p>	<p><input type="checkbox"/> at least 120 minutes per day (60 minutes for part day); imbedded in daily schedule</p>
<p>Children are expected to sit still (outside of nap and mealtime)</p>	<p><input type="checkbox"/> 30 minutes or more at a time</p>	<p><input type="checkbox"/> less than 30 minutes at a time</p>	<p><input type="checkbox"/> no more than 15 minutes at a time</p>

3. Caregiver-Child Interactions Around Food and Physical Activity:

Practice	Progressing	HEAL Friendly	HEAL Advocate
Staff observe and support children's hunger and fullness cues	<input type="checkbox"/> sometimes	<input type="checkbox"/> always	<input type="checkbox"/> always and encourage children to listen to their hunger and fullness cues
Food in our program	<input type="checkbox"/> is sometimes used to encourage positive behavior	<input type="checkbox"/> Is never used to encourage positive behavior	<input type="checkbox"/> is never used to encourage positive behavior and this practice is regularly communicated to staff and families
Physical activity in our program	<input type="checkbox"/> is sometimes restricted as a form of behavior guidance	<input type="checkbox"/> is used to encourage positive behavior; is never restricted as a form of behavior guidance	<input type="checkbox"/> is used to encourage positive behavior; is never restricted as a form of behavior guidance; and this practice is regularly communicated to staff and families
Meal time interactions	<input type="checkbox"/> are sometimes pleasant and positive but staff occasionally engage in power struggles with children over food or eating	<input type="checkbox"/> are mostly pleasant and positive and staff do not engage in power struggles over food or eating	<input type="checkbox"/> are always pleasant and positive; staff do not engage in power struggles over food and/or eating; and include conversations about healthy foods
Family-style dining (children help with setting the table, serving themselves and/or cleaning up) <input type="checkbox"/> N/A (choose N/A if the program only serves infants)	<input type="checkbox"/> occurs rarely or never	<input type="checkbox"/> occurs most of the time	<input type="checkbox"/> occurs all of the time
Learning activities that promote healthy eating and active living are implemented	<input type="checkbox"/> rarely	<input type="checkbox"/> weekly	<input type="checkbox"/> daily

4. Nutrition and Physical Activity Policies:

<p>A policy on child nutrition (which includes the following topics: food and beverages served or brought from home; care giver/child interaction; and education) – See sample policy</p>	<p>Choose One:</p> <p><input type="checkbox"/> does not exist</p> <p><input type="checkbox"/> exists informally</p> <p><input type="checkbox"/> is written but not regularly communicated to staff and parents</p>	<p><input type="checkbox"/> is written, contains all topics listed, and is regularly communicated to staff and parents</p>	<p><input type="checkbox"/> is written, contains all topics listed and is regularly communicated to staff, families and visitors and is posted or printed and actively discussed on tours</p>
<p>A policy on physical activity (which includes the following topics: amount and quality of physical activity; child/caregiver interaction; and education) – See sample policy</p>	<p>Choose One:</p> <p><input type="checkbox"/> does not exist</p> <p><input type="checkbox"/> exists informally</p> <p><input type="checkbox"/> is written but not regularly communicated to staff and parents</p>	<p><input type="checkbox"/> is written, readily available, and regularly communicated to staff and parents</p>	<p><input type="checkbox"/> contains all topics listed, is written, regularly communicated to staff, families and visitors and posted, printed or displayed and actively discussed on tours</p>

Policies are strongly encouraged to be written and included in parent handbooks, staff manuals, and other documents.

5. Partner with and Educate Staff and Families in Adopting and Maintaining a Healthy Lifestyle that Supports Healthy Eating and Active Living:

Practice	Progressing	HEAL Friendly	HEAL Advocate
<p>Healthy eating and active living educational opportunities for families (such as handouts, posters, newsletters or sharing community events, in-person) are offered</p>	<p><input type="checkbox"/> less than twice annually</p>	<p><input type="checkbox"/> at least twice annually</p>	<p><input type="checkbox"/> more than twice annually</p>
<p>Staff receive training on healthy eating and active living behaviors (online or in-person)</p>	<p><input type="checkbox"/> less than twice annually</p>	<p><input type="checkbox"/> at least twice annually</p>	<p><input type="checkbox"/> more than twice annually</p>
<p>Staff role model healthy eating and active living behaviors</p>	<p><input type="checkbox"/> rarely or never</p>	<p><input type="checkbox"/> most of the time</p>	<p><input type="checkbox"/> all of the time</p>

Vending machines	<input type="checkbox"/> contain mostly unhealthy items	<input type="checkbox"/> contain mostly healthy items	<input type="checkbox"/> are not available on site or contain only 100% healthy items
A policy supporting breastfeeding for both families and staff (guarantees employees have adequate time and space to breastfeed or pump) - See sample policy	Choose One: <input type="checkbox"/> does not exist <input type="checkbox"/> exists informally <input type="checkbox"/> is written but not regularly communicated to staff and parents	<input type="checkbox"/> is written; includes all topics; and is regularly communicated to staff and parents	<input type="checkbox"/> is written; includes all topics; is regularly communicated to staff, families and visitors; and is posted or printed and actively discussed on tours
Staff wellness opportunities (nutrition, physical and mental health) are encouraged	<input type="checkbox"/> rarely or never	<input type="checkbox"/> most of the time	<input type="checkbox"/> consistently and are financially supported by the program
Staff offer resources to help families experiencing food insecurity	<input type="checkbox"/> rarely or never	<input type="checkbox"/> occasionally	<input type="checkbox"/> consistently
Screen time is	Choose One: <input type="checkbox"/> offered for more than 30 minutes per week OR <input type="checkbox"/> prohibited for children less than 2 years of age and limited to 30 minutes per week for children over age 2	<input type="checkbox"/> prohibited for children less than 2 years of age and limited to 30 minutes per week for children over age 2; and screen time is guided and never used as a reward	<input type="checkbox"/> prohibited for children less than 2 years of age and limited to 30 minutes per week for children over age 2; screen time is guided and never used as a reward; and teachers and parents are provided education on screen time

This Checklist was adapted from the 5210 Goes to Child Care Nutrition and Physical Activity Self-Assessment for Child Care (NAP-SACC). Other resources used were Caring for Our Children, National Health and Safety Performance Standards, Third Edition; Nemours and AAP Model Child Care Health Policies.

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