

Continuing Education Test
Journal of Nutrition Education and Behavior

Article title: Nutrition and Physical Activity Self-Assessment for Child Care (NAP SACC): Results of a Pilot Intervention

With the exception of the last questions, the following items are multiple choice. Select the best response to each question.

1. What percentage of preschool age children (2 to 5 years old) are at risk for overweight or overweight in the US?
 - a. About one quarter
 - b. About one third
 - c. About one half
 - d. Data were not reported

2. Which best describes current use of some form of child care in the US for care of children aged 2 to 5 years?
 - a. An increase in the proportion of children in child care but no increase in the duration of time there.
 - b. An increase in the proportion of children in child care and an increase in the duration of time there.
 - c. A decrease in the proportion of children in child care but an increase in the duration of time there.
 - d. A decrease in both the proportion of children in child care but no increase in the duration of time there.

3. The NAP SACC program is primarily
 - a. A program to engage parents in making changes at home.
 - b. A program of intense education directly to children in child care.

- c. An interactive program to train inspectors to identify practices incompatible with obesity prevention.
 - d. A self assessment system for children care directors to use to examine nutrition and physical activity practices in their center.
4. The NAP SACC intervention was developed based on the socio-ecological framework and:
- a. Stages of Change (the Transtheoretical Model)
 - b. The Health Belief model
 - c. Social Cognitive Theory
 - d. Diffusion of Innovations
5. The NAP SACC assessment instrument consists of:
- a. Dietary and exercise records of the children in each participating center
 - b. Questions related to 15 key nutrition and physical activity areas.
 - c. Monthly check ins (phone calls and visits) by the Child Care Health Consultants
 - d. Photographs documenting changes made by the centers
6. The NAP SACC program:
- a. Carefully prescribes and monitors uniform interventions in every center.
 - b. Bases recommendations on the nutrition and physical activity knowledge and practices of the center staff.
 - c. Gives center directors freedom to choose any area for improvement they felt willing and able to address.
 - d. Devotes attention to areas of nutrition and physical activity as mandated nationally.
7. Which of the following are reasons to interpret main outcome findings with caution:
- a. Small sample size
 - b. Use of self-report data as the main outcome
 - c. Comparison centers made improvements as well
 - d. All of the above.

8. The most common change made by centers participating in the NAP SACC intervention was:

- a. Adding more fruits and vegetables to menus
- b. Replacing whole milk with reduced fat milk
- c. Removed vending machines from centers
- d. Adding more active play time to daily schedules

9. Sustainability of the NAP SACC project is greatly enhanced by what feature of the intervention:

- a. Parents were willing to pay for environmental changes at the center
- b. Existing, unpaid public health professionals delivered the intervention
- c. NAP SACC is a curriculum for child care centers
- d. The self-assessment instrument can be completed pre- and post-intervention

10. Please indicate your satisfaction with the process of using this JNEB article for continuing education.

- a. Extremely satisfied
- b. Satisfied
- c. Unsatisfied
- d. Extremely unsatisfied.

11. Please describe how you will make use of the information in this article in your professional setting.

12. Please comment on the process and mention topics you would like to be made available for continuing education credit in the future.