

# ADE-ECE Office Hours Presentation:

## Empower Program & Go NAPSACC

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# Agenda

1. [Empower History](#)
2. Empower Basics
3. Empower Evolution
4. [Go NAPSACC](#) Overview
5. Go NAPSACC Statewide Implementation
6. Q & A/Feedback



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# EMPOWER HISTORY

- ADHS licenses child care programs – CDC and CCGH
- Historically, a 3 year period = \$150
- Poor economy in 2009 leads to legislature pulling funding
- Beginning in 2010 , licensing needs to be self supporting
- Center fees to go from \$150 to \$7,800!!!
- Public comment and provider outrage



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# EMPOWER HISTORY

- ADHS/stakeholders come up with proposed solution
- Obesity and tobacco use = huge public health issues
- Public health prevention recognizes ECE settings as very influential to child health outcomes
- Funding from tobacco and Title V (MCHBG) can be leveraged
- Adoption of prevention standards (Empower) = 50% fee reduction



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# EMPOWER



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# 10 Empower Standards

Physical Activity

Sedentary Time

Screen Time

Nutrition

Family-Style Meals

CACFP

Fruit Juice

Breastfeeding

Oral Health

Tobacco – ASHLine/Smoke-Free

Sun Safety

Professional Development



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## 10 Ways to Empower Children to Live Healthy Lives

- ★ **Standard 1:** Provide at least 60 minutes of daily physical activity, including adult-led and free play. Limit screen time to three hours or less per week and no more than 60 minutes of sedentary activity at a time.
- ★ **Standard 2:** Practice “sun safety.”
- ★ **Standard 3:** Provide a breastfeeding-friendly environment.
- ★ **Standard 4:** Determine whether site is eligible for the United States Department of Agriculture (USDA) Child and Adult Care Food Program (CACFP), and participate if eligible.
- ★ **Standard 5:** Limit serving fruit juice to no more than two times per week.
- ★ **Standard 6:** Serve meals family style and do not use food as a reward.
- ★ **Standard 7:** Provide monthly oral healthcare education or implement a toothbrushing program.
- ★ **Standard 8:** Ensure that staff members and child care providers receive three hours of training annually on Empower topics.
- ★ **Standard 9:** Make Arizona Smokers’ Helpline (ASHLine) education materials available at all times.
- ★ **Standard 10:** Maintain a smoke-free environment.

*Empower child care facilities will develop and implement a written policy for each standard that meets the needs of all children served.*

*Policies should be effective no later than July 1, 2016.*



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# EMPOWER BASICS

- Empower is a set of [10 Standards](#) that promote health, nutrition and wellness in child care facilities
- Empower is voluntary\* (\*voluntary for ADHS licensed, required for DES contracts and Quality First programs)
- For ADHS programs that opt in, fees are reduced by 50%
- Empower programs agree to:
  - Implement all 10 standards and their components
  - Have written policies for each standard



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# EMPOWER BASICS

- Licensing Compliance Officers (CO)
- [Self assessment checklist](#)
- Done during site visit once per year
- CO enters data into survey monkey form
- Data is tallied annually and a [report is written](#)
- No penalties or high stakes – TA approach is used for continuous quality improvement



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# EMPOWER

The Arizona Department of Health Services (ADHS) would like more information about your implementation of the Empower program. We will use the information you provide in this self-assessment to help us better serve Empower facilities throughout Arizona.

## LEVEL OF IMPLEMENTATION

For each of the listed subcomponents below, please think about what you do at your facility now and rate how fully each of the following are practiced:

Fully= Fully implemented. Policy is your practice ALL of the time.  
Partially=Partially implemented. Policy is your practice SOME of the time.  
None=Not at all implemented. Practice is NOT YET in place.

The page numbers listed on each topic are references to where you can find more information in your Empower Guidebook, Third Edition. Additional information can be found at [www.theempowerpack.org](http://www.theempowerpack.org).

## Physical Activity and Screen Time (pages 9 to 14)

Provides at least 60 minutes of physical activity per day	Fully	Partially	None	Don't Know
Includes adult-led activities	Fully	Partially	None	Don't Know
Includes free play opportunities	Fully	Partially	None	Don't Know
Includes outdoor and indoor physical activity	Fully	Partially	None	Don't Know
Includes moderate physical activity (for example: running, jumping, a ball)	Fully	Partially	None	Don't Know
Includes vigorous physical activity (for example: running, skipping)	Fully	Partially	None	Don't Know
Limits sedentary or non-moving activity to no more than 60 minutes at a time, not including nap time	Fully	Partially	None	Don't Know
Limits screen time to 3 hours or less per week and no screen time for children under age 2	Fully	Partially	None	Don't Know
Does not withhold or use physical activity as punishment	Fully	Partially	None	Don't Know
Provides information on physical activity and screen time to families at least annually	Fully	Partially	None	Don't Know

## Sun Safety (pages 15 to 20)

Follows age-specific recommendations to limit sun exposure	Fully	Partially	None	Don't Know
Monitors intensity of sun's rays (UV Index) in planning outdoor activity	Fully	Partially	None	Don't Know
Limits sun exposure during peak hours (10am to 4pm)	Fully	Partially	None	Don't Know
Protects skin from sun exposure during outdoor activities (for example: hat, sunglasses, protective clothing)	Fully	Partially	None	Don't Know
Obtains permission from parent(s) before applying sunscreen	Fully	Partially	None	Don't Know
Encourages parent(s) to apply sunscreen to children prior to arrival at facility	Fully	Partially	None	Don't Know
Provides sun safety information to families at least annually	Fully	Partially	None	Don't Know

## Breastfeeding-Friendly Environment (pages 21 to 25)

Provides a place to breastfeed or express milk (not a bathroom)	Fully	Partially	None	Don't Know
Provides a designated space in refrigerator or freezer for breast milk storage	Fully	Partially	None	Don't Know
Displays breastfeeding promotional materials such as posters	Fully	Partially	None	Don't Know
Provides breastfeeding information to families at least annually	Fully	Partially	None	Don't Know

## Child and Adult Care Food Program (CACFP) (pages 27 to 31)

Determines eligibility status for CACFP annually	Fully	Partially	None	Don't Know
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## Fruit Juice (pages 33 to 36)

Provides water throughout the day both inside and outside	Fully	Partially	None	Don't Know
Offers water as the first choice for thirst	Fully	Partially	None	Don't Know
Does not serve fruit juice more than twice per week for children 1 year and older	Fully	Partially	None	Don't Know
Limits serving more than 4-6 ounces of fruit juice at one time	Fully	Partially	None	Don't Know

Serves only 100% fruit juice with no added sugar	Fully	Partially	None	Don't Know
Serves fruit juice only at meal or snack times	Fully	Partially	None	Don't Know
Provides information about limiting fruit juice to families at least annually	Fully	Partially	None	Don't Know

## Family-Style Meals (pages 37 to 42)

Serves meals family-style	Fully	Partially	None	Don't Know
Uses child-sized serving utensils	Fully	Partially	None	Don't Know
Requires staff to sit, participate, and interact with children during meal time	Fully	Partially	None	Don't Know
Allows children to choose what and how much to eat	Fully	Partially	None	Don't Know
Does not use food as a punishment or reward	Fully	Partially	None	Don't Know
Provides information about healthy eating to families at least annually	Fully	Partially	None	Don't Know

## Oral Health (pages 43 to 46)

Provides monthly oral health education and/or implements a daily tooth brushing program	Fully	Partially	None	Don't Know
Does not allow children to carry a bottle or sippy cup during the day unless it is water	Fully	Partially	None	Don't Know
Educates parent(s) on the importance of a dental visit by the child's first birthday	Fully	Partially	None	Don't Know
Does not put children to sleep with a bottle	Fully	Partially	None	Don't Know
Limits serving of sugary snacks and scheduled times	Fully	Partially	None	Don't Know
Educates parents about cleaning teeth and oral hygiene at home	Fully	Partially	None	Don't Know
Provides information about oral health to families at least annually	Fully	Partially	None	Don't Know

## Staff Training (pages 47 to 50)

Requires staff to receive three hours of training on Empower topics annually	Fully	Partially	None	Don't Know
Requires program directors to provide training opportunities to staff members	Fully	Partially	None	Don't Know

## ASHLine Education Materials (pages 51 to 53)

Provides information on the dangers of second and third hand smoke to families	Fully	Partially	None	Don't Know
Provides ASHLine education materials to families at least annually	Fully	Partially	None	Don't Know

## Smoke-Free Environment (pages 55 to 58)

Displays smoke-free policy at facility	Fully	Partially	None	Don't Know
Promotes written guidelines about smoke-free policy to families	Fully	Partially	None	Don't Know
Promotes written policies about smoke-free policy to staff members	Fully	Partially	None	Don't Know
Posts smoke-free Arizona Adult Care Food Program (A.C.F.P.) sign at entrance of facility	Fully	Partially	None	Don't Know

## WRITTEN POLICY

For the following standards, please choose either "Yes", "No" or "Don't Know" indicating whether or not your facility has written policies. Samples of written policies can be found in the Empower Guidebook, Third Edition and website, [www.theempowerpack.org](http://www.theempowerpack.org).

## Do you have a WRITTEN POLICY for the following Empower standards?

Physical activity and screen time	Yes	No	Don't Know
Sun safety	Yes	No	Don't Know
Breastfeeding-friendly environment	Yes	No	Don't Know
Determining eligibility status for the Child and Adult Care Food Program (CACFP)	Yes	No	Don't Know
Fruit juice	Yes	No	Don't Know
Family-style meals	Yes	No	Don't Know
Oral health	Yes	No	Don't Know
Staff training	Yes	No	Don't Know
ASHLine	Yes	No	Don't Know
Smoke-free environment	Yes	No	Don't Know

Additional comments, concerns or recommendations:



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# EMPOWER EVOLUTION

## Branding, Resources and Support

Packets, staff, [website](#), training conference, [online courses](#), standards updates, [newsletters](#), resources and more over the years

## Systems Integration

Empower Advisory Committee

DES contracts and Family Child Care Homes

Quality First programs

## Revisions

[Inclusion](#)

[Out of School Time \(OOST\)](#)

**Major Update ~July 2023**



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# EMPOWER EVOLUTION

## MAJOR UPDATE ~JULY 2023

Empower Advisory Committee  
Work Groups  
Standards/components review process  
Webinars  
Survey with rationale  
Results – Work Group Briefs

Continuing...



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# Go NAPSACC Overview

Nutrition and Physical Activity Self-Assessment for Child Care

- ECE Program (0-5) creates free account to access:
  - Improvement Cycle
  - Tips and Materials
  - Training (35 courses) including registry credit:
- Need invite code from Bonnie/TA Consultant/statewide team member to create account
- Supported by ADHS, FTF, DES, and ADE



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# Go NAPSACC Overview

Go NAPSACC is a facility level intervention, focused on a quality 5-step improvement cycle following steps of:

1. Assess
2. Plan
3. Take Action
4. Learn More
5. Keep It Up



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# Go NAPSACC Overview

- Currently 7 modules
  - Outdoor Play & Learning
  - Screen Time
  - Farm to ECE
  - Breastfeeding & Infant Feeding
  - Child Nutrition
  - Oral Health
  - Infant & Child Physical Activity



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# Go NAPSACC Statewide Implementation

- Go NAPSACC state admin team – state reps meets monthly
- Recruiting ECE programs to create account complete improvement cycle (incentive) take training
- Recruiting TA Consultants
- Pair TA Consultants with ECE programs



# ECE System Coordination

*Empower and Go NAPSACC is compatible with...*

- ✓ [Quality First](#)
- ✓ [CACFP](#)
- ✓ [Head Start/Early Head Start Performance Standards](#)
- ✓ ECE accreditation systems
- ✓ [AZ Early Learning Standards](#)
- ✓ [AZ Infant/Toddler Guidelines](#)
- ✓ [Teaching Strategies Gold](#)/ongoing progress monitoring systems
- ✓ ECE curriculum approaches/philosophies



***...and we're trying to align our messages!***



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*Health and Wellness for all Arizonans*





# Wrap Up

Thoughts

Comments

Questions

Follow Up

**PLUS/DELTA**



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