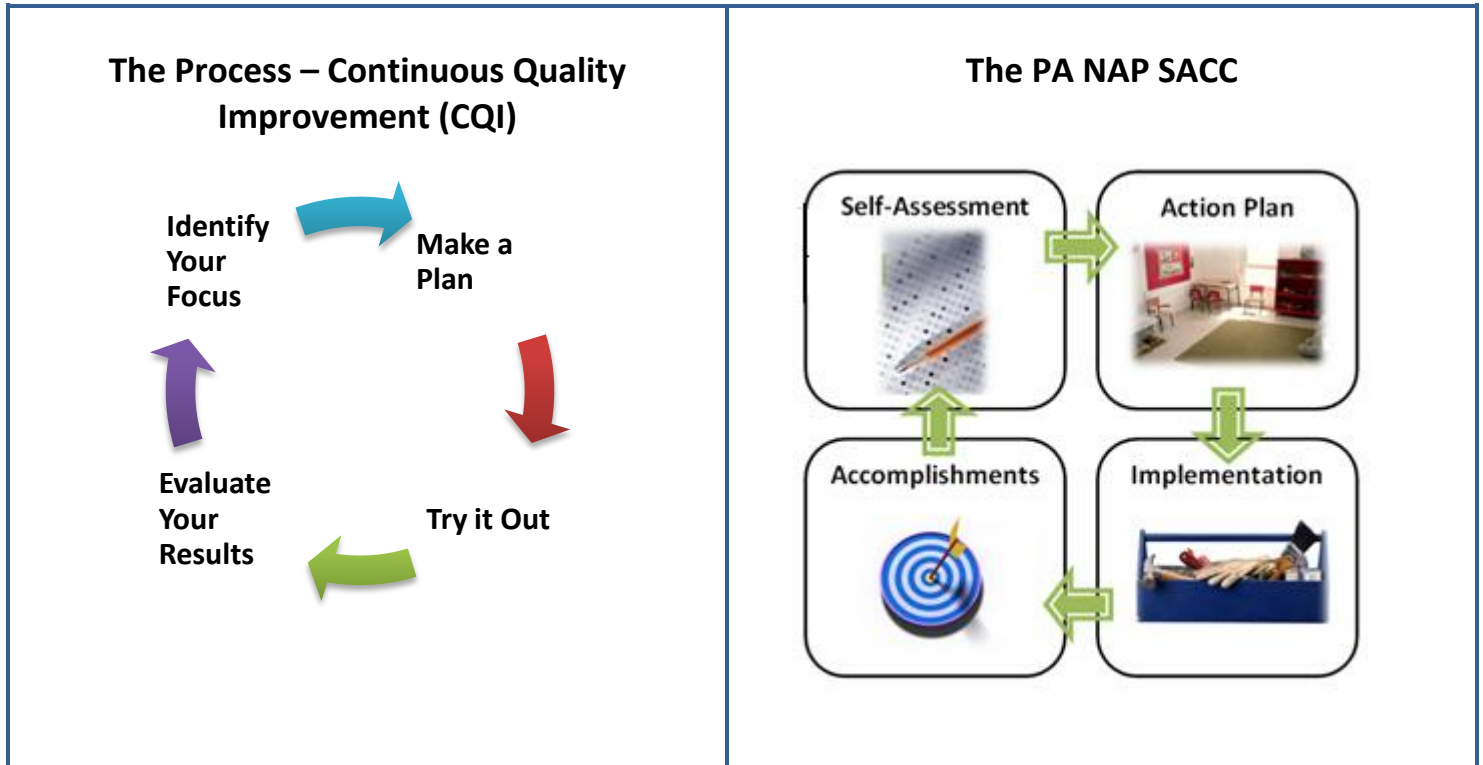


Using the PA NAP SACC for Continuous Quality Improvement



Step 1 – Identify Your Focus

In the PA NAP SACC process, you will identify your focus when you complete the web-based, interactive Self-Assessment. This tool will provide you with immediate, individualized feedback about your nutrition and physical activity practices. When you complete the assessment, you can print a comprehensive document that outlines your strengths, as well as the practices you can improve.

Step 2 – Make a Plan

Using the results of the Self-Assessment, you will work with your team to develop your PA NAP SACC Action Plan addressing the areas you want to improve. The PA NAP SACC encourages you to invite parents and collaborators or partners to join you in selecting your areas for improvement and developing and implementing your plan. In the CQI model, it is important to include partners in your planning. The Action Plan has important features like action steps, due dates, and responsible staff to help you ensure that you are continually making progress toward your goals.

Step 3 – Try it Out

The Implementation section of the PA NAP SACC offers many tools and resources to support you as you take the steps outlined in your Action Plan. During Implementation, you can choose from activities like the PA NAP SACC Professional Development Modules, Better Kid Care On-Demand lessons, Head Start tools, and a comprehensive Early Childhood Resource Guide with links to information about Best Practices, Curriculum, Policy, Professional Development, Research, and Standards and Guidelines. **You** choose the best tools to support your goals.

Step 4 – Evaluate Your Results There are two ways that you will evaluate your results. First, your team will reflect on your Action Plan. What was successful? What was challenging? This reflection on your Accomplishments gives *you* the opportunity to examine *your* outcomes. You will also complete the Self-Assessment a second time. This will give you concrete data on your results. Did you improve in the areas you intended? What do you still need to work on in order to provide the best possible services to children and families? There are many great things about the Self-Assessment. First, it is *your* opinion of your practice. Second, you can take it as many times as you want!

As you complete the PA NAP SACC CQI process, keep these important things in mind –

- Your practice is more likely to improve when the process of improvement becomes part of your daily work. Researchers call this job embedded professional development. All that means is that you aren't just *hearing* about research – you are *doing* the research.
- CQI is not a process that happens overnight. The process is slow and gradual. In fact, we recommend taking about nine months to implement your Action Plan.
- Periodically meet with your team to evaluate progress. If you've experienced a major setback or been faced with a serious challenge, you may want to revise your plan. This is OK!
- CQI is *everyone's* responsibility. Find the balance between individual and team effort.
- Remember, good CQI – like the PA NAP SACC – is a journey, not a destination!

Are you ready to get yourself and the children in your care on the path to good health?

