



Department
of Health

Ohio Early Care and Education (ECE) Nutrition and Physical Activity Assessment

Quick Start Guide and Frequently Asked Questions

What is the Ohio ECE Nutrition and Physical Activity Assessment?

The Ohio Department of Health (ODH) contracted with Professional Data Analysts (PDA) to create an Ohio-specific assessment tool that measures nutrition, physical activity, and related environments, practices, and policies in ECE settings. It is designed to be completed by ECE center administrators and family child care professionals across the state.

When do I need to complete the assessment?

Any ECE professional in the state may choose to complete the assessment. For ECE programs participating in Ohio Healthy Programs, you **must** complete the assessment at the following times:

1. Before you attend your first Ohio Healthy Programs training or technical assistance visit
2. After you complete all other requirements for Ohio Healthy Programs designation and you are preparing to submit your initial application
3. Annually as long as you remain designated

How do I prepare for the assessment?

The assessment asks you to **describe** your program's current practices and policies related to nutrition and physical activity, **set goals** for practices you would like to work on in the coming year, and **select resources and supports** you need to help you work on these practices. You may need to talk to other program staff, such as lead teachers or menu planners, in order to answer some of the questions. You may also want to have your program policies, parent handbook, or menus on hand while you are completing the assessment.

How do I complete the assessment?

The assessment may be completed online or on paper. If you complete the assessment on paper, you or your technical assistance provider **must** enter your answers into the online form to submit them to ODH. A link to the online form and a PDF version of the form are available here: www.odh.ohio.gov/earlychildhood

Can I save my work and return later?

Yes. If you begin the assessment and want to return later to finish, you can click the button at the bottom of the page that says, "Save and Return Later." You will be given a return code and asked to enter an email address where a unique link to access your assessment will be sent. The email you receive will not include the return code, so **be sure to write the code down**. To

regain access to your partially completed assessment, follow the link included in the email and enter your code. If you lose your code, contact Stefanie Lynn, Public Health Nutritionist, Stefanie.Lynn@odh.ohio.gov.

What happens after I submit the assessment?

You will receive an email summary of your responses within a week of submitting your assessment online. **You will be asked to upload a copy of this report with your Ohio Healthy Programs designation or renewal application.**

Please note: The initial designation application will ask you to upload **two separate reports**: one from the assessment you took before attending your first training or TA visit, and one from the assessment you took after you completed all other requirements for Ohio Healthy Programs designation. The renewal application will ask you to upload the **most recent report**, which should be completed within 60 days of your renewal date.

ODH encourages you to review your responses with your technical assistance provider to develop action plans for working on the practices you selected. If you do not have a technical assistance provider, there is a question on the form that allows you to request that ODH connect you with a technical assistance provider in your area.

How will ODH use the results of the assessment?

ODH will use the results of the assessment in three ways:

1. To inform development of technical assistance approaches for Ohio Healthy Programs
2. To monitor nutrition and physical activity practices and policies of Ohio Healthy-designated programs
3. To evaluate changes over time in adherence to best practice standards for nutrition and physical activity among Ohio Healthy-designated programs

ODH will not use the results for any licensing or compliance monitoring, and your responses will not affect your Ohio Healthy Programs application or designation status.

I have a question not included in this guide.

If you have an Ohio Healthy Programs technical assistance provider, ODH recommends that you contact them first. If you do not have a technical assistance provider or you need additional support, please contact Stefanie Lynn, Public Health Nutritionist, Stefanie.Lynn@odh.ohio.gov.