



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.

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: dancing, bouncing 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 |
|--|-------|-----------|------|------------|

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 their 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 meals and snacks to 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 on tooth decay 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 in facility | Fully | Partially | None | Don't Know |
| Provides written guidelines about smoke-free policy to families | Fully | Partially | None | Don't Know |
| Provides written guidelines about smoke-free policy to staff members | Fully | Partially | None | Don't Know |
| Posts Smoke-Free Arizona Act (A.R.S. §36-601.01) 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 . | | | | |
| 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: