



# 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: 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
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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
<b>Family-Style Meals (pages 37 to 42)</b>				
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
<b>Oral Health (pages 43 to 46)</b>				
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
<b>Staff Training (pages 47 to 50)</b>				
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
<b>ASHLine Education Materials (pages 51 to 53)</b>				
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
<b>Smoke-Free Environment (pages 55 to 58)</b>				
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
<b>WRITTEN POLICY</b>				
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, <a href="http://www.theempowerpack.org">www.theempowerpack.org</a> .				
<b>Do you have a WRITTEN POLICY for the following Empower standards?</b>				
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:**