

Appendix C

Physical activity and sedentary time in CACFP programs  
supplementary tables

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**Table C.1. Physical activity offered in early child care programs**

	Child care centers	Head Start centers	Family day care homes	All
<b>Mean number of physical activity sessions provided</b>				
Mean number of outdoor physical activity sessions provided	1.3	1.3	1.0~	1.1
Missing	0.0	0.0	0.0	0.0
Mean number of indoor physical activity sessions provided	3.4***	2.4†	3.4~	3.3
Missing	0.0	0.0	0.0	0.0
Mean number of total physical activity sessions provided	4.7***	3.6	4.5~	4.4
Missing	0.0	0.0	0.0	0.0
<b>Number of physical activity sessions provided, adjust to an 8-hour day</b>				
Mean number of outdoor physical activity sessions provided, adjusted to an 8-hour day	1.4**	1.8†††	1.0#~	1.1
Median number of outdoor physical activity sessions provided, adjusted to an 8-hour day	1.5	1.4	0.8	0.9
Missing	13.0**^	-	0.0##	3.4^
Mean number of indoor physical activity sessions provided, adjusted to an 8-hour day	3.3	3.4	3.1~	3.2
Median number of indoor physical activity sessions provided, adjusted to an 8-hour day	3.3	2.9	2.7	3.0
Missing	13.0**^	-	0.0##	3.4^
Mean number of total physical activity sessions provided, adjusted to an 8-hour day	4.7	5.2†	4.1~	4.3
Median number of total physical activity sessions provided, adjusted to an 8-hour day	4.3	4.6	3.6	3.8
Missing	13.0**^	-	0.0##	3.4^
<b>Mean number of minutes of physical activity (n = 285)</b>				
Mean number of minutes of outdoor physical activity	51.6	42.7	43.1~	45.1
Missing	5.0^	-	-	1.9^
Mean number of minutes of indoor physical activity	98.8***	51.5††	87.9~	87.5
Missing	2.5^	4.6^	3.4^~	3.3^
Mean number of minutes of total physical activity	145.6***	90.9†††	128.0~	129.2
Missing	-	0.0	-	-

	Child care centers	Head Start centers	Family day care homes	All
<b>Number of minutes of physical activity, adjusted to an 8-hour day (n = 285)</b>				
Mean number of minutes of outdoor physical activity, adjusted to an 8-hour day	54.3	58.7 <sup>†</sup>	40.3~	44.9
Median number of minutes of outdoor physical activity, adjusted to an 8-hour day	49.5	57.1	23.6	32.8
Missing	18.1 <sup>**^</sup>	4.1 <sup>^</sup>	-	5.3 <sup>^</sup>
Mean number of minutes of indoor physical activity, adjusted to an 8-hour day	84.4	71.3	81.8~	81.5
Median number of minutes of indoor physical activity, adjusted to an 8-hour day	79.0	58.9	57.1	61.0
Missing	15.5 <sup>^</sup>	6.5 <sup>^</sup>	3.4 <sup>#^~</sup>	6.7
Mean number of minutes of total physical activity, adjusted to an 8-hour day	133.5	125.4	119.3~	123.1
Median number of minutes of total physical activity, adjusted to an 8-hour day	151.0	107.0	105.0	108.6
Missing	13.3 <sup>**^</sup>	-	-	3.6 <sup>^</sup>
<b>Number of early child care programs</b>	<b>91</b>	<b>112</b>	<b>82</b>	<b>285</b>

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Environmental Observation Form, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

The mean number of physical activity sessions and minutes includes observations with zero sessions and minutes. The number of outdoor and indoor physical activity sessions and minutes was coded as zero when the observer indicated that there were no designated active times.

Difference between child care centers and Head Start centers is significantly different from zero at the \*\*\*0.001 level, \*\*0.01 level, or \*0.05 level. Difference between child care centers and family day care homes is significantly different from zero at the ###0.001 level, ##0.01 level, or #0.05 level. Difference between Head Start centers and family day care homes is significantly different from zero at the +++0.001 level, ++0.01 level, or +0.05 level.

<sup>^</sup> Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

**Table C.2. Physical activity offered in before and after school programs**

	At-risk afterschool centers	Outside-school-hours care centers	All
<b>Mean number of physical activity sessions provided</b>			
Mean number of outdoor physical activity sessions provided	0.9~	1.0	0.9
Missing	0.0	0.0	0.0
Mean number of indoor physical activity sessions provided	0.9***~	2.0	1.0
Missing	0.0	0.0	0.0
Mean number of total physical activity sessions provided	1.8***~	3.0	1.9
Missing	0.0	0.0	0.0
<b>Number of physical activity sessions provided, adjust to an 8-hour day</b>			
Mean number of outdoor physical activity sessions provided, adjusted to an 8-hour day	3.0	1.7	2.9
Median number of outdoor physical activity sessions provided, adjusted to an 8-hour day	2.5	0.8	2.3
Missing	3.7^	-	3.5^
Mean number of indoor physical activity sessions provided, adjusted to an 8-hour day	2.7	3.4	2.8
Median number of indoor physical activity sessions provided, adjusted to an 8-hour day	2.5	1.6	2.5
Missing	3.7^	-	3.5^
Mean number of total physical activity sessions provided, adjusted to an 8-hour day	5.7~	5.1	5.6
Median number of total physical activity sessions provided, adjusted to an 8-hour day	4.6	2.4	4.6
Missing	3.7^	-	3.5^
<b>Mean number of minutes of physical activity (n = 97)</b>			
Mean number of minutes of outdoor physical activity	31.8~	31.2	31.8
Missing	5.2^	-	4.9^
Mean number of minutes of indoor physical activity	30.1**~	90.4	34.6
Missing	-	-	1.8^
Mean number of minutes of total physical activity	59.7**~	119.0	64.1
Missing	0.0	0.0	0.0
<b>Number of minutes of physical activity, adjusted to an 8-hour day (n = 97)</b>			
Mean number of minutes of outdoor physical activity, adjusted to an 8-hour day	100.6~	55.9^~	97.0
Median number of minutes of outdoor physical activity, adjusted to an 8-hour day	91.4	20.2	86.1



	At-risk afterschool centers	Outside-school-hours care centers	All
Missing	9.2^	-	8.7^
Mean number of minutes of indoor physical activity, adjusted to an 8-hour day	92.5	121.8~	94.7
Median number of minutes of indoor physical activity, adjusted to an 8-hour day	73.1	116.0	73.1
Missing	5.8^	-	5.6^
Mean number of minutes of total physical activity, adjusted to an 8-hour day	185.9~	174.1	185.0
Median number of minutes of total physical activity, adjusted to an 8-hour day	160.0	136.0	160.0
Missing	4.0^	-	3.8^
<b>Number of before and after school programs</b>	<b>70</b>	<b>33</b>	<b>103</b>

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Environmental Observation Form, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

The mean number of physical activity sessions and minutes includes observations with zero sessions and minutes. The number of outdoor and indoor physical activity sessions and minutes was coded as zero when the observer indicated that there were no designated active times.

Difference between at-risk afterschool centers and outside-school-hours care centers is significantly different from zero at the \*\*\*0.001 level, \*\* 0.01 level, or \* 0.05 level.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

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~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

**Table C.3. Physical activity equipment in early child care programs**

	Child care centers	Head Start centers	Family day care homes	All
<b>Types of fixed physical activity equipment available outdoors</b>				
Climbing structures that cannot be moved (jungle gyms, ladders)	80.7	89.2+++	39.3###~	58.5
Slide that cannot be moved	53.1***	82.9+++	31.7^~	44.7
Tricycle track or paved area	55.9	60.4+++	21.7####^~	37.2
Basketball hoop(s) or court	27.8	26.2	37.6~	33.1
Swinging equipment (swings, ropes)	27.4^~	32.2	35.2^~	32.4
Balancing surfaces (balance beams, boards)	27.5*^~	48.2++	20.0^~	25.8
Tunnels (fixed, not movable)	27.7	42.0+++	14.4^~	22.0
Water play area (not including a water table)	18.9**^	5.4^	21.8^~	18.9
See-saw	22.9	22.2	13.5^~	17.5^
Running track	23.1^~	21.6+++	-	10.4^
Merry-go-round	14.2^	7.4^	-	9.5^
Soccer field/goals	8.5^~	9.2^	7.9^~	8.2^
Gymnastics equipment	2.5^	6.5^	4.6^~	4.2^
Baseball, softball, or kickball diamond	7.7^~	4.7+^	0.0	3.0^
Volleyball net	-	0.0	0.0	-
Swimming pool	-	0.0	0.0	-
Other	0.0	0.0	0.0	0.0
Missing	10.3^	4.1^	5.9^~	6.8^
<b>Types of fixed physical activity equipment available indoors</b>				
Basketball hoop(s) or court	14.0^	12.7^	-	8.7^
Balancing surfaces (balance beams, boards)	5.7^~	5.1^	9.8^~	7.9^
Climbing structures that cannot be moved (jungle gyms, ladders)	8.6^~	6.1^	-	5.8^
Gymnastics equipment	5.7^~	7.8++^	0.0	2.8^
Tricycle track or paved area	-	7.6^	-	2.5^
Tunnels (fixed, not movable)	-	-	0.0	-
Soccer field/goals	-	0.0	0.0	-
Slide that cannot be moved	-	-	0.0	0.9^
Running track	0.0	-	0.0	-
See-saw	0.0	-	-	0.5^
Water play area (not including a water table)	-	0.0	0.0	-
Swimming pool	-	0.0	0.0	-
Merry-go-round	0.0	0.0	0.0	0.0
Swinging equipment (swings, ropes)	0.0	0.0	0.0	0.0

	Child care centers	Head Start centers	Family day care homes	All
Baseball, softball, or kickball diamond	0.0	0.0	0.0	0.0
Volleyball net	0.0	0.0	0.0	0.0
Other	20.7^~	15.0^	8.1^~	12.9^
Missing	10.3^	4.1^	5.9^~	6.8^
<b>Types of portable physical activity equipment available outdoors</b>				
Balls (large and small)	72.5	72.4	80.0~	77.5
Riding toys (tricycles, cars, scooter boards)	69.8	66.5	72.0~	71.0
Push/pull toys (wagon, scooters, trucks, wheelbarrows)	66.4	49.5+	69.2~	66.8
Jumping play equipment (jump ropes, hula hoops, mini trampolines)	32.2	34.9	32.5^~	32.6
Climbing structures (that can be moved by staff or children)	27.5	16.8+	35.9~	32.2
Slides (that can be moved by staff or children)	21.1**^	5.0+++^	38.0~	31.1
Marker items (poly spots, cones)	32.8	42.2++	16.9^~	22.9
Portable tunnels (can be moved by staff or children)	12.9	17.1	25.8^~	21.9^
Rocking or twisting toys (rocking horse, sit and spin)	29.9	16.0^	17.7^~	20.5
Small portable pool used for swimming, splashing, or other water play	5.9^	1.2+++^	20.7##^~	15.5
Twirling play equipment (ribbons, scarves, batons)	16.3^~	19.0	10.1^~	12.4^
Floor play equipment (tumbling mats.)	15.6^	9.3^	8.2^~	10.1
Parachute	19.3^~	18.1+	5.6^~	10.0^
Balance toys (balance beams, river stones)	19.9^	21.2+++	4.3##^	9.5
Other	10.3**^	24.5++	5.5^~	8.3^
Missing	10.1^	5.1^	0.8#^	3.5^
<b>Types of portable physical activity equipment available indoors</b>				
Balls (large and small)	28.0	38.3	43.4~	39.2
Floor play equipment (tumbling mats.)	42.5	34.0	23.8^~	29.2
Push/pull toys (wagon, scooters, trucks, wheelbarrows)	25.0	17.2^	24.6~	24.1
Jumping play equipment (jump ropes, hula hoops, mini trampolines)	16.2^	24.6	18.0^~	18.1
Twirling play equipment (ribbons, scarves, batons)	11.3***^	27.6	17.4^~	16.8
Riding toys (tricycles, cars, scooter boards)	12.6^	20.1^	14.7^~	14.7^

	Child care centers	Head Start centers	Family day care homes	All
Rocking or twisting toys (rocking horse, sit and spin)	4.2 <sup>^</sup>	4.1 <sup>^</sup>	17.3 <sup>^~</sup>	13.0 <sup>^</sup>
Climbing structures (that can be moved by staff or children)	18.3 <sup>^</sup>	15.2 <sup>^</sup>	7.2 <sup>^~</sup>	10.6
Marker items (poly spots, cones)	15.6 <sup>^</sup>	15.8	7.0 <sup>^~</sup>	9.8
Portable tunnels (can be moved by staff or children)	12.5 <sup>*^</sup>	30.5 <sup>+++</sup>	5.0 <sup>^</sup>	9.0
Balance toys (balance beams, river stones)	11.0 <sup>^~</sup>	17.1 <sup>++</sup>	5.6 <sup>^</sup>	7.9 <sup>^</sup>
Slides (that can be moved by staff or children)	8.4 <sup>^</sup>	6.5 <sup>^</sup>	6.4 <sup>^~</sup>	6.9 <sup>^</sup>
Parachute	4.7 <sup>^</sup>	15.1 <sup>^</sup>	5.9 <sup>^~</sup>	6.4 <sup>^</sup>
Other	5.2 <sup>**^</sup>	20.4 <sup>+++</sup>	-	3.3 <sup>^</sup>
Small portable pool used for swimming, splashing, or other water play	0.0	2.0 <sup>^</sup>	-	0.4 <sup>^</sup>
Missing	10.1 <sup>^</sup>	5.1 <sup>^</sup>	0.8 <sup>#^</sup>	3.5 <sup>^</sup>
<b>Number of early child care programs</b>	<b>91</b>	<b>112</b>	<b>82</b>	<b>285</b>

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Environmental Observation Form, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

Multiple responses were allowed.

Difference between child care centers and Head Start centers is significantly different from zero at the \*\*\*0.001 level, \*\*0.01 level, or \*0.05 level. Difference between child care centers and family day care homes is significantly different from zero at the ###0.001 level, ##0.01 level, or #0.05 level. Difference between Head Start centers and family day care homes is significantly different from zero at the +++0.001 level, ++0.01 level, or +0.05 level.

<sup>^</sup> Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

<sup>~</sup> Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

**Table C.4. Physical activity equipment in before and after school programs**

	At-risk afterschool centers	Outside-school-hours care centers	All
<b>Types of fixed physical activity equipment available outdoors</b>			
Climbing structures that cannot be moved (jungle gyms, ladders)	62.9***	91.3	64.9
Slide that cannot be moved	63.2**	85.4	64.8
Tricycle track or paved area	22.7*^	56.6^	25.1^
Basketball hoop(s) or court	55.3	64.7	55.9
Swinging equipment (swings, ropes)	42.5~	32.7^	41.8
Balancing surfaces (balance beams, boards)	29.7	23.2^	29.2
Tunnels (fixed, not movable)	20.5	9.5^	19.8
Water play area (not including a water table)	3.8^	9.2^	4.2^
See-saw	3.9^	8.7^	4.2^
Running track	12.5^	7.1^	12.1^
Merry-go-round	-	-	1.9^
Soccer field/goals	26.5	17.7^	25.8
Gymnastics equipment	2.5^	3.0^	2.5^
Baseball, softball, or kickball diamond	38.6	56.1^	39.8
Volleyball net	12.4^~	7.3^	12.1^
Swimming pool	0.0	0.0	0.0
Other	-	-	2.7^
Missing	4.9^	0.0	4.5^
<b>Types of fixed physical activity equipment available indoors</b>			
Basketball hoop(s) or court	45.4	33.3^	44.6
Balancing surfaces (balance beams, boards)	4.6^~	7.3^	4.8^
Climbing structures that cannot be moved (jungle gyms, ladders)	7.1^	-	6.8^
Gymnastics equipment	1.8^	5.5^	2.1^
Tricycle track or paved area	0.0	-	-
Tunnels (fixed, not movable)	0.0	0.0	0.0
Soccer field/goals	2.5^	6.2^	2.7^
Slide that cannot be moved	-	0.0	-
Running track	-	-	1.7^
See-saw	0.0	0.0	0.0
Water play area (not including a water table)	-	0.0	-
Swimming pool	0.0	-	-
Merry-go-round	0.0	-	-
Swinging equipment (swings, ropes)	6.8^	7.6^	6.9^
Baseball, softball, or kickball diamond	8.2^	3.3^	7.8^
Volleyball net	14.5^	12.7^	14.4^
Other	-	7.7^	2.9^

	At-risk afterschool centers	Outside-school-hours care centers	All
Missing	4.9^	0.0	4.5^
<b>Types of portable physical activity equipment available outdoors</b>			
Balls (large and small)	84.8	89.6	85.1
Riding toys (tricycles, cars, scooter boards)	8.4***^	61.7	12.3^
Push/pull toys (wagon, scooters, trucks, wheelbarrows)	8.7**^	55.7^	12.1^
Jumping play equipment (jump ropes, hula hoops, mini trampolines)	36.8	63.1	38.7
Climbing structures (that can be moved by staff or children)	15.0^~	8.4^	14.5^
Slides (that can be moved by staff or children)	-	8.0^	3.3^
Marker items (poly spots, cones)	43.3	27.3^	42.1
Portable tunnels (can be moved by staff or children)	0.6^	-	0.7^
Rocking or twisting toys (rocking horse, sit and spin)	6.2^	7.6^	6.3^
Small portable pool used for swimming, splashing, or other water play	-	0.0	-
Twirling play equipment (ribbons, scarves, batons)	5.7^	12.3^	6.2^
Floor play equipment (tumbling mats.)	8.0^	8.6^	8.0^
Parachute	13.8^	50.4^	16.4^
Balance toys (balance beams, river stones)	-	5.9^	3.9^
Other	-	-	4.0^
Missing	2.2^	0.0	2.0^
<b>Types of portable physical activity equipment available indoors</b>			
Balls (large and small)	77.0	48.1^	74.9
Floor play equipment (tumbling mats.)	42.9~	34.7^	42.3
Push/pull toys (wagon, scooters, trucks, wheelbarrows)	4.1^	16.6^	5.0^
Jumping play equipment (jump ropes, hula hoops, mini trampolines)	51.3~	36.9^	50.3
Twirling play equipment (ribbons, scarves, batons)	12.1^	23.9^	13.0^
Riding toys (tricycles, cars, scooter boards)	4.5^	11.6^	5.0^
Rocking or twisting toys (rocking horse, sit and spin)	-	0.0	-
Climbing structures (that can be moved by staff or children)	1.8^	9.3^	2.3^
Marker items (poly spots, cones)	30.3	26.9^	30.1
Portable tunnels (can be moved by staff or children)	-	9.2^	1.2^

	At-risk afterschool centers	Outside-school-hours care centers	All
Balance toys (balance beams, river stones)	6.3^	6.3^	6.3^
Slides (that can be moved by staff or children)	0.0	0.0	0.0
Parachute	22.4^	24.7^	22.5^
Other	9.0^~	-	8.5^
Small portable pool used for swimming, splashing, or other water play	0.0	0.0	0.0
Missing	2.2^	0.0	2.0^
<b>Number of before and after school programs</b>	<b>70</b>	<b>33</b>	<b>103</b>

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Environmental Observation Form, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

Multiple responses were allowed.

Difference between at-risk afterschool centers and outside-school-hours care centers is significantly different from zero at the \*\*\*0.001 level, \*\* 0.01 level, or \* 0.05 level.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

**Table C.5. Structured physical activity offered in early child care programs**

	Child care centers	Head Start centers	Family day care homes	All
<b>Providers offering any structured physical activities outdoor among programs that had any outdoor physical activity (n = 225)</b>				
Providers offered structured physical activities outdoor	34.9	43.8	55.6#~	48.2
Missing	8.0^~	1.4^	1.5^	3.4^
<b>Providers offering any structured physical activities indoor among programs that had any indoor physical activity (n = 258)</b>				
Providers offered structured physical activities indoor	76.2	83.1++	53.0#~	61.5
Missing	2.1^	3.3^	4.8^~	4.0^
<b>Number of early child care programs</b>	<b>83</b>	<b>100</b>	<b>75</b>	<b>258</b>

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Environmental Observation Form, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

Difference between child care centers and Head Start centers is significantly different from zero at the \*\*\*0.001 level, \*\*0.01 level, or \*0.05 level. Difference between child care centers and family day care homes is significantly different from zero at the ###0.001 level, ##0.01 level, or #0.05 level. Difference between Head Start centers and family day care homes is significantly different from zero at the ++0.001 level, +0.01 level, or †0.05 level.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.



**Table C.6. Structured physical activity offered in before and after school programs**

	At-risk afterschool centers	Outside-school-hours care centers	All
<b>Providers offering any structured physical activities outdoor among programs that had any outdoor physical activity (n = 63)</b>			
Providers offered structured physical activities outdoor	24.8*	65.8~	28.5
Missing	0.7^	-	0.8^
<b>Providers offering any structured physical activities indoor among programs that had any indoor physical activity (n = 70)</b>			
Providers offered structured physical activities indoor	28.8***^~	81.6~	34.3
Missing	2.1^	-	2.3^
<b>Number of before and after school programs</b>	<b>42</b>	<b>28</b>	<b>70</b>

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Environmental Observation Form, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

Difference between at-risk afterschool centers and outside-school-hours care centers is significantly different from zero at the \*\*\*0.001 level, \*\* 0.01 level, or \* 0.05 level.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

**Table C.7. Early child care programs that take children off-site for physical activity**

	Child care centers	Head Start centers	Family day care homes	All
<b>Children taken off-site for physical activity</b>				
Yes	30.2	36.0	43.0#~	39.3
No	67.9	61.8†	51.6##~	56.4
Missing	2.0^	2.2^	5.4^~	4.3^
<b>Days taken offsite, among providers that take children off-site (n=293)</b>				
Multiple times per day	38.2	25.2	18.4##~	22.6
Once a day	7.0***^	38.9††	17.9#~	17.6
Two or three times per week	8.2^	4.6+^	16.7^~	14.1
Once a week	4.7^	5.6^	13.3^~	11.1^
Once every two weeks	-	-	-	1.1^
Once a month	1.4^	2.9+^	15.5#^~	11.9^~
Other	35.4^~	20.2	17.8^~	21.2^~
Missing	-	0.0	-	0.4^
<b>Number of early child care programs</b>	<b>239</b>	<b>334</b>	<b>205</b>	<b>778</b>

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Provider Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

Difference between child care centers and Head Start centers is significantly different from zero at the \*\*\*0.001 level, \*\*0.01 level, or \*0.05 level. Difference between child care centers and family day care homes is significantly different from zero at the ###0.001 level, ##0.01 level, or #0.05 level. Difference between Head Start centers and family day care homes is significantly different from zero at the ††0.001 level, †0.01 level, or †0.05 level.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

**Table C.8. Before and after school programs that provide recreational or sports programming with time for physical activity**

	At-risk afterschool centers	Outside-school-hours care centers	All
<b>Children offered recreational sports programming</b>			
Yes	96.8	90.6	96.4
No	1.5^	9.1^	2.0^
Missing	1.6^	-	1.5^
<b>Days programming is provided, among providers that offered programming (n =269)</b>			
One day	-	-	1.7^
Two days	4.5*^	-	4.2^
Three days	2.7^	2.7^	2.7^
Four days	11.6**^	-	11.0^
Five days	77.4**	92.8	78.4
Six days	2.1^	-	2.0^
Seven days	0.0	0.0	0.0
Missing	0.0	0.0	0.0
<b>Number of before and after school programs</b>	<b>195</b>	<b>100</b>	<b>295</b>

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Provider Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

Difference between at-risk afterschool centers and outside-school-hours care centers is significantly different from zero at the \*\*\*0.001 level, \*\* 0.01 level, or \* 0.05 level.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

**Table C.9. Sedentary activity in early child care programs**

	Child care centers	Head Start centers	Family day care homes	All
<b>Mean amount of time in designated seated time (sedentary, not including screen time or meals), total, indoor, and outdoor (in minutes)</b>				
Outdoor seated time	1.0^	1.5^	1.5^~	1.4^
Missing	-	-	0.0	-
Indoor seated time	78.0	86.5	92.3~	88.2
Missing	-	-	-	0.6^
Total seated time	77.8	87.6	93.5~	89.0
Missing	0.0	0.0	0.0	0.0
<b>Mean amount of time spent in naps (in minutes) (n = 272)</b>				
Mean amount of time spent in naps	134.0	81.1	126.4~	124.8
Missing	-	-	0.0	0.5^
<b>Number of early child care programs</b>	<b>91</b>	<b>112</b>	<b>82</b>	<b>285</b>

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Environmental Observation Form, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

The mean amount of seated time and nap time includes observations with zero minutes. The duration was coded as zero when the observer indicated that there was no designated seated time or nap time.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

**Table C.10. Sedentary activity in before and after school programs**

	At-risk afterschool centers	Outside-school-hours care centers	All
<b>Mean amount of time in designated seated time (sedentary, not including screen time or meals), total, indoor, and outdoor (in minutes)</b>			
Outdoor seated time	0.2 <sup>^</sup>	0.8 <sup>^</sup>	0.3 <sup>^</sup>
Missing	0.0	0.0	0.0
Indoor seated time	54.6	49.7 <sup>^</sup>	54.2
Missing	-	-	-
Total seated time	52.7	49.5 <sup>^</sup>	52.5
Missing	0.0	0.0	0.0
<b>Mean amount of time spent in naps (in minutes) (n = 72)</b>			
Mean amount of time spent in naps	0.0	4.5 <sup>^~</sup>	0.6 <sup>^</sup>
Missing	0.0	0.0 <sup>~</sup>	0.0
<b>Number of before and after school programs</b>	<b>66</b>	<b>31</b>	<b>97</b>

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Environmental Observation Form, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

The mean amount of seated time and nap time includes observations with zero minutes. The duration was coded as zero when the observer indicated that there was no designated seated time or nap time.

<sup>^</sup> Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

<sup>~</sup> Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

**Table C.11. Group screen time in early child care programs**

	Child care centers	Head Start centers	Family day care homes	All
<b>Mean amount of time using screens as a group (in minutes)</b>				
Screen time	31.4 <sup>^</sup>	19.0 <sup>+++</sup>	63.4 <sup>#~</sup>	51.8
Missing	9.8 <sup>^</sup>	5.2 <sup>^</sup>	4.5 <sup>^~</sup>	5.9 <sup>^</sup>
<b>Number of early child care programs</b>	<b>91</b>	<b>112</b>	<b>82</b>	<b>285</b>

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Environmental Observation Form, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

Screen time is defined as the time children spent as a group watching or using screens or screen devices. This includes all times when a group of at least three children, even if a majority of the children are engaged in another activity, were in front of a TV, DVD/VCR, smart board, computer, tablet or iPad, or other electronic device watching shows or videos, playing games, accessing the Internet, or using social media.

The mean amount of screen time includes observations with zero minutes. The duration was coded as zero when the observer indicated that there was no screen time.

Difference between child care centers and Head Start centers is significantly different from zero at the \*\*\*0.001 level, \*\*0.01 level, or \*0.05 level. Difference between child care centers and family day care homes is significantly different from zero at the ###0.001 level, ##0.01 level, or #0.05 level. Difference between Head Start centers and family day care homes is significantly different from zero at the +++0.001 level, ++0.01 level, or +0.05 level.

<sup>^</sup> Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

<sup>~</sup> Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

**Table C.12. Group screen time in before and after school programs**

	At-risk afterschool centers	Outside-school-hours care centers	All
<b>Mean amount of time using screens as a group (in minutes)</b>			
Screen time	21.8 <sup>^</sup>	14.1 <sup>^</sup>	21.2
Missing	-	-	4.1 <sup>^</sup>
<b>Number of before and after school programs</b>	<b>66</b>	<b>31</b>	<b>97</b>

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Environmental Observation Form, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

Screen time is defined as the time children spent as a group watching or using screens or screen devices. This includes all times when a group of at least three children, even if a majority of the children are engaged in another activity, were in front of a TV, DVD/VCR, smart board, computer, tablet or iPad, or other electronic device watching shows or videos, playing games, accessing the Internet, or using social media.

The mean amount of screen time includes observations with zero minutes. The duration was coded as zero when the observer indicated that there was no screen time.

Difference between at-risk afterschool centers and outside-school-hours care centers is significantly different from zero at the \*\*\*0.001 level, \*\* 0.01 level, or \* 0.05 level.

<sup>^</sup> Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

**Table C.13. Adherence to Caring for Our Children physical activity guidance for children ages 12-71 months in early child care programs**

	Child care centers	Head Start centers	Family day care homes	All
<b>Providers meeting or exceeding CFOC guidance for moderate to vigorous activities (n = 284)</b>				
Yes, provider met CFOC guidance	20.1 <sup>^</sup>	15.4 <sup>^</sup>	18.6 <sup>^~</sup>	18.7
No, provider did not meet CFOC guidance	66.8 <sup>*</sup>	82.7	81.4 <sup>~</sup>	77.8
Missing	13.0 <sup>**^</sup>	-	0.0 <sup>##</sup>	3.5 <sup>^</sup>
<b>Providers meeting or exceeding CFOC guidance for outdoor play (n = 285)</b>				
Yes, provider met CFOC guidance	67.7 <sup>***</sup>	39.1 <sup>++</sup>	62.2 <sup>~</sup>	61.5
No, provider did not meet CFOC guidance	29.7 <sup>***</sup>	58.7 <sup>+</sup>	37.6 <sup>~</sup>	37.5
Missing	2.6 <sup>^</sup>	-	-	1.0 <sup>^</sup>
<b>Number of early child care programs</b>	<b>91</b>	<b>112</b>	<b>82</b>	<b>285</b>

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Environmental Observation Form, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

CFOC recommends 60 to 90 minutes per 8-hour day of moderate to vigorous physical activities for toddlers (12 to 35 months). Programs' sampled classrooms with the majority of children in this age range that had moderate to vigorous physical activity durations of at least 60 minutes and at least two outdoor physical activity occurrences (weather dependent) are categorized as meeting CFOC guidelines for this analysis.

CFOC recommends 90 to 120 minutes per 8-hour day of moderate to vigorous physical activities for preschoolers (3 to 6 years). Programs' sampled classrooms with the majority of children in this age range that had moderate to vigorous physical activity durations of at least 90 minutes and at least two outdoor physical activity occurrences (weather dependent) are categorized as meeting CFOC guidelines for this analysis.

CFOC guidance recommends 60 to 90 total minutes of outdoor play for all children (birth to 6 years). Programs that had outdoor physical activity durations of at least 60 minutes (weather dependent) are categorized as meeting CFOC guidelines for this analysis. CFOC guidance can be found at National Resource Center for Health and Safety in Child Care and Early Education (NRC), Caring for Our Children, 3rd edition (CFOC3) (<http://nrckids.org/CFOC/Database/3.1.3.1>).

CFOC standards for moderate to vigorous physical activities differ for toddlers (12 to 35 months) and preschoolers (3 to 6 years). Programs were categorized into the two age groups based on the majority of children's age. Fourteen providers that had an equal number of children in each age category were included in the toddler category because the category had fewer observations than the preschooler category.

Difference between child care centers and Head Start centers is significantly different from zero at the \*\*\*0.001 level, \*\*0.01 level, or \*0.05 level. Difference between child care centers and family day care homes is significantly different from zero at the ###0.001 level, ##0.01 level, or #0.05 level. Difference between Head Start centers and family day care homes is significantly different from zero at the ++0.001 level, +0.01 level, or †0.05 level.

<sup>^</sup> Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

<sup>~</sup> Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

CFOC = Caring for Our Children.



**Table C.14. Adherence to National Afterschool Association Healthy Eating and Physical Activity guidance for school-age youth in before and after school programs**

	At-risk afterschool centers	Outside-school-hours care centers	All
<b>Providers meeting or exceeding National Afterschool Association HEPA guidance for physical activity minutes (n = 97)</b>			
Yes, provider met HEPA guidance	65.0**~	86.6	66.6
No, provider did not meet HEPA guidance	31.1*	12.4^	29.7
Missing	4.0^	-	3.8^
<b>Providers meeting or exceeding National Afterschool Association HEPA guidance for moderate to vigorous activity (n = 86)</b>			
Yes, provider met HEPA guidance	23.1***^~	71.4	27.5^
No, provider did not meet HEPA guidance	76.9***~	27.7^	72.4
Missing	0.0	-	-
<b>Providers meeting or exceeding National Afterschool Association HEPA guidance for daily outdoor physical activity (n = 103)</b>			
Yes, provider met HEPA guidance	59.6	77.8	60.9
No, provider did not meet HEPA guidance	40.4	22.2^	39.1
Missing	0.0	0.0	0.0
<b>Providers meeting or exceeding all the above standards for National Afterschool Association HEPA guidance (n = 103)</b>			
Yes, provider met HEPA guidance	13.1**^	59.3	16.4^
No, provider did not meet HEPA guidance	86.9**	40.7^	83.6
Missing	0.0	0.0	0.0
<b>Number of before and after school programs</b>	<b>70</b>	<b>33</b>	<b>103</b>

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Environmental Observation Form, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

HEPA standards recommend that programs plan and provide time for physical activity (10 minutes for a 1-hour program, 20 minutes for a 2-hour program, and so on up to 60 minutes for a program of at least 5 hours); provide moderate to vigorous activity for at least half of the physical activity time (5 minutes for a 1-hour program, 10 minutes for a 2-hour program, and so on up to 30 minutes for a program of at least 5 hours); and offer daily outdoor physical activity. HEPA guidance can be found at National Recreation and Park Association, HEPA standards (<https://www.nrpa.org/contentassets/8d5ed85ed8a441af92f5acc1f8def67c/hepa-standards.pdf>).

Survey data were not available for calculating the proportion of moderate to vigorous activities among all physical activities. This table presents the percentage of providers that meets standard for the duration, not proportion, of moderate to vigorous activities in the HEPA guidance above.

Difference between at-risk afterschool centers and outside-school-hours care centers is significantly different from zero at the \*\*\*0.001 level, \*\* 0.01 level, or \* 0.05 level.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

HEPA = Healthy Eating Physical Activity.

**Table C.15. Barriers that make it hard for children to get physical activity in early child care programs**

	Child care centers	Head Start centers	Family day care homes	All
<b>Types of transient barriers</b>				
Other frequent weather conditions (for example, thunderstorm warnings, air quality advisories) that prevent outside activity	21.7	10.0	22.8	21.4
Weather is often too cold to go outside	22.7	13.0	21.6	21.1
Weather is often too hot to go outside	28.2	11.7	18.1~	19.9
Weather is often too rainy or snowy to go outside	19.0	10.1	18.9	18.1
Not enough play equipment	6.3^	6.5^	5.6^~	5.9^
Not enough staff to supervise the children during physical activity	3.0^	1.6^	4.7^~	4.0^
Not enough time in the day for children to be physically active	-	3.0^	3.1^~	2.4^
Unsure how much physical activity children should get each day	-	-	-	1.5^
Staff do not have adequate training on how to encourage and support children in being physically active	0.3^	0.5^	-	0.9^
Unsure how to get children to participate in physical activity	3.3^	-	0.0	0.8^
No policy that requires physical activity	-	-	-	0.8^
<b>Types of permanent barriers</b>				
Concerned about liability (children getting hurt)	2.3^	2.2^	15.9	11.4
Not enough indoor play space	15.8	10.8	8.3^~	10.3
Not enough outdoor play space	7.0^	5.7^	3.8^	4.7^
Safety is a concern in the neighborhood	0.3^	3.4^	-	2.1^
Staff are not interested in participating in physical activity with the children	3.7^	3.2^	-	1.6^
Children are not interested in physical activity	4.8^	0.6^	-	1.3^
Other types of barriers	5.3^	3.4^	6.8^	6.1
No barriers	46.5	61.4	49.8	50.1
Missing	0.6^	1.5^	1.6^~	1.3^
<b>Number of early child care programs</b>	<b>239</b>	<b>334</b>	<b>205</b>	<b>778</b>

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Provider Survey, winter through summer, 2023. Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted. Multiple responses were allowed.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

**Table C.16. Barriers that make it hard for children to get physical activity in before and after school programs**

	At-risk afterschool centers	Outside-school-hours care centers	All
<b>Types of transient barriers</b>			
Other frequent weather conditions (for example, thunderstorm warnings, air quality advisories) that prevent outside activity	12.7	13.2	12.7
Weather is often too cold to go outside	14.0	18.0	14.3
Weather is often too hot to go outside	23.5	10.2^	22.6
Weather is often too rainy or snowy to go outside	13.0	18.0	13.3
Not enough play equipment	9.6	4.9^	9.3
Not enough staff to supervise the children during physical activity	7.6^	-	7.1^
Not enough time in the day for children to be physically active	2.0^	2.1^	2.0^
Unsure how much physical activity children should get each day	-	0.0	-
Staff do not have adequate training on how to encourage and support children in being physically active	2.6^	3.1^	2.7^
Unsure how to get children to participate in physical activity	3.9^	2.0^	3.8^
No policy that requires physical activity	2.0^	0.0	1.9^
<b>Types of permanent barriers</b>			
Concerned about liability (children getting hurt)	8.1^	7.8^	8.1^
Not enough indoor play space	16.4	10.1^	16.0
Not enough outdoor play space	7.3	8.2	7.3
Safety is a concern in the neighborhood	5.7	6.0^	5.7
Staff are not interested in participating in physical activity with the children	3.8^	2.8^	3.7^
Children are not interested in physical activity	6.7^	4.0^	6.5^
Other types of barriers	7.5^	2.8^	7.2^
No barriers	46.0	59.8	47.0
Missing	1.6^	-	1.5^
<b>Number of before and after school programs</b>	<b>195</b>	<b>100</b>	<b>295</b>

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Provider Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

Multiple responses were allowed.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

**Table C.17. Barriers that make it hard for children to get physical activity in early child care programs, by share of minority children residing in the area**

	0 to less than 40 percent	40 to less than 80 percent	80 to 100 percent	All
<b>Types of transient barriers</b>				
Other frequent weather conditions (for example, thunderstorm warnings, air quality advisories) that prevent outside activity	18.6	22.9	22.7^~	21.4
Weather is often too cold to go outside	19.2	24.6	19.7	21.1
Weather is often too hot to go outside	13.7^	24.5	21.7	19.9
Weather is often too rainy or snowy to go outside	15.2^	22.5^	16.9^	18.1
Not enough play equipment	1.7^	10.4^~	5.7^	5.9^
Not enough staff to supervise the children during physical activity	5.1^	1.3^	5.5^	4.0^
Not enough time in the day for children to be physically active	0.7^	3.0^	3.5^~	2.4^
Unsure how much physical activity children should get each day	-	-	-	1.5^
Staff do not have adequate training on how to encourage and support children in being physically active	-	0.1^	2.4^	0.9^
Unsure how to get children to participate in physical activity	2.1^	-	-	0.8^
No policy that requires physical activity	-	-	-	0.8^
<b>Types of permanent barriers</b>				
Concerned about liability (children getting hurt)	7.1^	17.6^~	9.6^	11.4
Not enough indoor play space	11.9^	9.9^	9.2^~	10.3
Not enough outdoor play space	2.3^	1.9^	9.9^	4.7^
Safety is a concern in the neighborhood	3.5^	-	2.7^	2.1^
Staff are not interested in participating in physical activity with the children	4.2^	0.2^	0.3^	1.6^
Children are not interested in physical activity	3.4^	0.3^	-	1.3^
Other types of barriers	7.1^	2.8^	8.3^	6.1
No barriers	58.2	45.2	46.6	50.1
Missing	0.4^	0.6^	2.9^	1.3^
<b>Number of early child care programs</b>	<b>303</b>	<b>247</b>	<b>226</b>	<b>776</b>

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Provider Survey, winter through summer, 2023, and American Community Survey, 2021.

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

Multiple responses were allowed.

The percentage of minority children residing in the area is defined as the percentage of children ages 0–11 in the program’s zip code who are non-White or Hispanic.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

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**Table C.18. Barriers that make it hard for children to get physical activity in before and after school programs, by share of minority children residing in the area**

	0 to less than 40 percent	40 to less than 80 percent	80 to 100 percent	All
<b>Types of transient barriers</b>				
Other frequent weather conditions (for example, thunderstorm warnings, air quality advisories) that prevent outside activity	9.2^	13.8^	13.1^	12.7
Weather is often too cold to go outside	45.3	7.8^	6.5^	14.3
Weather is often too hot to go outside	29.2^	19.0^	22.9	22.6
Weather is often too rainy or snowy to go outside	27.5	9.1^	11.1^	13.3
Not enough play equipment	3.2^	10.0^	11.5^	9.3
Not enough staff to supervise the children during physical activity	7.8^	9.2^	4.9^	7.1^
Not enough time in the day for children to be physically active	0.5^	4.6^	-	2.0^
Unsure how much physical activity children should get each day	0.0	0.0	-	-
Staff do not have adequate training on how to encourage and support children in being physically active	2.1^	-	5.4^	2.7^
Unsure how to get children to participate in physical activity	6.5^	-	3.4^	3.8^
No policy that requires physical activity	0.3^	-	-	1.9^
<b>Types of permanent barriers</b>				
Concerned about liability (children getting hurt)	14.0^	10.7^	2.9^	8.1^
Not enough indoor play space	25.6	9.3^	18.2^	16.0
Not enough outdoor play space	9.1^	7.3^	6.6^	7.3
Safety is a concern in the neighborhood	-	5.2^	6.7^	5.7
Staff are not interested in participating in physical activity with the children	2.5^	2.8^	-	3.7^
Children are not interested in physical activity	7.7^	4.4^	8.0^	6.5^
Other types of barriers	0.4^	3.7^	13.7^	7.2^
No barriers	39.3^	56.0	41.5~	47.0
Missing	0.0	3.4^	0.4^	1.5^
<b>Number of before and after school programs</b>	<b>85</b>	<b>107</b>	<b>100</b>	<b>292</b>

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Provider Survey, winter through summer, 2023, and American Community Survey, 2021.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

Multiple responses were allowed.

The percentage of minority children residing in the area is defined as the percentage of children ages 0–11 in the program’s zip code who are non-White or Hispanic.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.



**Table C.19. Differences in physical activity, screen, and total sedentary time between early child care programs with and without barriers to physical activity**

	No barriers reported	Barriers were reported	All
<b>Child care centers</b>			
Mean minutes of total physical activity	89.5***~	43.5	51.6
Missing	0.0~	6.0^	5.0^
Mean minutes of screen time	10.7^~	35.1^	31.4^
Missing	-	8.3^	9.8^
Mean minutes of total sedentary time	35.5***~	86.3	77.8
Missing	0.0~	0.0	0.0
Percentage offering moderate to vigorous structured physical activities	49.3^~	44.1~	45.0~
Missing	0.0~	0.0	0.0
<b>Number of early child care programs</b>	<b>15</b>	<b>76</b>	<b>91</b>
<b>Head Start centers</b>			
Mean minutes of total physical activity	68.0**~	39.2	42.7
Missing	0.0~	-	-
Mean minutes of screen time	19.8^~	18.9	19.0
Missing	0.0~	5.9^	5.2^
Mean minutes of total sedentary time	53.0***~	92.4	87.6
Missing	0.0~	0.0	0.0
Percentage offering moderate to vigorous structured physical activities	23.6**^~	56.7	52.7
Missing	0.0~	0.0	0.0
<b>Number of early child care programs</b>	<b>16</b>	<b>96</b>	<b>112</b>
<b>Family day care homes</b>			
Mean minutes of total physical activity	113.9^~	37.6~	43.1~
Missing	0.0~	-	-
Mean minutes of screen time	18.8***^~	67.0~	63.4~
Missing	0.0~	4.8^~	4.5^~
Mean minutes of total sedentary time	84.6^~	94.1~	93.5~
Missing	0.0~	0.0	0.0
Percentage offering moderate to vigorous structured physical activities	79.4~	48.4~	50.7~
Missing	0.0~	0.0	0.0
<b>Number of early child care programs</b>	<b>7</b>	<b>75</b>	<b>82</b>
<b>All early child care programs</b>			
Mean minutes of total physical activity	98.8**~	39.1	45.1
Missing	0.0**	2.1^	1.9^
Mean minutes of screen time	15.9***^~	55.7	51.8
Missing	-	5.7^	5.9^

	No barriers reported	Barriers were reported	All
Mean minutes of total sedentary time	60.7 <sup>^</sup> ~	92.2	89.0
Missing	0.0	0.0	0.0
Percentage offering moderate to vigorous structured physical activities	60.9~	48.1	49.4
Missing	0.0	0.0	0.0
<b>Number of early child care programs</b>	<b>38</b>	<b>247</b>	<b>285</b>

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Environmental Observation Form, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

Barriers to physical activity were defined as: having bad weather conditions that prevented children from having outdoor time; not enough portable play or physical activity equipment was available during indoor play time; or not enough indoor or outdoor space was available for physical activity.

Screen time is defined as the time children spent as a group watching or using screens or screen devices. This includes all times when a group of at least three children, even if a majority of the children are engaged in another activity, were in front of a TV, DVD/VCR, smart board, computer, tablet or iPad, or other electronic device watching shows or videos, playing games, accessing the Internet, or using social media.

Sedentary time is defined as the time when the majority of the children were seated and not physically active, excluding screen time, meal or snack time, and nap time.

Moderate to vigorous activities were identified using the question, “Which of the following types of activities did the teacher lead, initiate, or organize?” The following activities were identified as moderate to vigorous: climbing activities; jumping games; skipping or running games; fitness/calisthenics; running, jogging, or brisk walking; and group sports.

Difference between centers that did and did not have observed barriers to physical activity is significantly different from zero at the \*\*\*0.001 level, \*\* 0.01 level, or \* 0.05 level.

<sup>^</sup> Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

**Table C.20. Differences in physical activity, screen, and total sedentary time between before and after school programs with and without barriers to physical activity**

	No barriers reported	Barriers were reported	All
<b>Outside-school-hours care centers</b>			
Mean minutes of total physical activity	35.6~	30.9~	31.2
Missing	0.0~	-	-
Mean minutes of screen time	6.8^~	14.6^~	14.1^
Missing	0.0~	-	-
Mean minutes of total sedentary time	48.2~	49.6^~	49.5^
Missing	0.0~	0.0~	0.0
Percentage offering moderate to vigorous structured physical activities	70.2^~	75.1~	74.8
Missing	0.0~	0.0~	0.0
<b>Number of before and after school programs</b>	<b>6</b>	<b>25</b>	<b>31</b>
<b>At-risk afterschool centers</b>			
Mean minutes of total physical activity	25.9~	36.2~	31.8~
Missing	-	8.4^	5.2^
Mean minutes of screen time	10.9^~	28.3~	21.8^
Missing	-	0.0	-
Mean minutes of total sedentary time	54.1~	51.8~	52.7
Missing	0.0~	0.0	0.0
Percentage offering moderate to vigorous structured physical activities	39.3^~	18.3^~	26.0^~
Missing	0.0~	0.0	0.0
<b>Number of before and after school programs</b>	<b>24</b>	<b>42</b>	<b>66</b>
<b>All before and after school programs</b>			
Mean minutes of total physical activity	26.0~	35.5~	31.8
Missing	-	7.7^	4.9^
Mean minutes of screen time	10.9^~	26.8	21.2
Missing	-	-	4.1^
Mean minutes of total sedentary time	54.0~	51.5	52.5
Missing	0.0	0.0	0.0
Percentage offering moderate to vigorous structured physical activities	39.9^~	25.5^	30.4
Missing	0.0~	0.0	0.0
<b>Number of before and after school programs</b>	<b>30</b>	<b>67</b>	<b>97</b>

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Environmental Observation Form, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

Barriers to physical activity were defined as: having bad weather conditions that prevented children from having outdoor time; not enough portable play or physical activity equipment was available during indoor play time; or not enough indoor or outdoor space was available for physical activity.

Screen time is defined as the time children spent as a group watching or using screens or screen devices. This includes all times when a group of at least three children, even if a majority of the children are engaged in another activity, were in front of a TV, DVD/VCR, smart board, computer, tablet or iPad, or other electronic device watching shows or videos, playing games, accessing the Internet, or using social media.

Sedentary time is defined as the time when the majority of the children were seated and not physically active, excluding screen time, meal or snack time, and nap time.

Moderate to vigorous activities were identified using the question, "Which of the following types of activities did the teacher lead, initiate, or organize?" The following activities were identified as moderate to vigorous: climbing activities; jumping games; skipping or running games; fitness/calisthenics; running, jogging, or brisk walking; and group sports.

Difference between centers that did and did not have observed barriers to physical activity is significantly different from zero at the \*\*\*0.001 level, \*\* 0.01 level, or \* 0.05 level.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

**Table C.21. Early child care programs that reported lacking equipment or space for physical activity**

	Child care centers	Head Start centers	Family day care homes	All
<b>Issues with a lack of indoor play equipment</b>				
Not enough equipment indoors	6.3^	6.5^	5.6^~	5.9^
Missing	0.6^	1.5^	1.6^~	1.3^
<b>Issues with a lack of indoor play space</b>				
Not at all	-	11.1^	0.0~	1.4^
A little	86.9~	76.7	84.3~	84.5~
A lot	12.2^~	12.1^	15.7^~	14.1^~
Don't know	0.0~	0.0	0.0~	0.0
Missing	0.0~	0.0	0.0~	0.0
<b>Issues with a lack of outdoor play space</b>				
Not at all	23.5^~	-	-	22.1^~
A little	75.5~	58.6^~	78.6~	75.3~
A lot	-	14.7^~	0.0~	2.0^
Don't know	0.0~	-	0.0~	-
Missing	0.0~	0.0~	0.0~	0.0
<b>Number of early child care programs</b>	<b>239</b>	<b>334</b>	<b>205</b>	<b>778</b>

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Provider Survey, winter through summer, 2023. Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

**Table C.22. Before and after school programs that reported lacking equipment or space for physical activity**

	At-risk afterschool centers	Outside-school-hours care centers	All
<b>Issues with a lack of indoor play equipment</b>			
Not enough equipment indoors	9.6	4.9^	9.3
Missing	1.6^	-	1.5^
<b>Issues with a lack of indoor play space</b>			
Not at all	-	30.3^~	7.0^
A little	39.4~	50.8^~	39.9
A lot	50.5~	-	49.2
Don't know	-	0.0~	-
Missing	0.0	0.0~	0.0
<b>Issues with a lack of outdoor play space</b>			
Not at all	-	-	8.6^
A little	69.6~	66.4~	69.4
A lot	13.0^~	16.7^~	13.3^
Don't know	-	0.0~	-
Missing	0.0~	0.0~	0.0
<b>Number of before and after school programs</b>	<b>195</b>	<b>100</b>	<b>295</b>

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Provider Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

**Table C.23. Early child care programs observed lacking equipment or space for physical activity**

	Child care centers	Head Start centers	Family day care homes	All
<b>Providers with no or limited equipment during indoor physical activity sessions</b>				
Not enough portable play or physical activity equipment was available, observed during indoor play time	70.7	61.5	57.0~	60.9
Missing	2.7^	7.9^	4.1^~	4.1^
No fixed play or physical activity equipment at the site	11.3^	-	40.0~	29.4
Missing	10.3^	4.1^	5.9^~	6.8^
No portable play or physical activity equipment at the site	-	3.3^	0.0	1.4^
Missing	10.1^	5.1^	0.8^	3.5^
<b>Providers with no or limited space outdoors for gross motor physical activity</b>				
Not enough outdoor space was available for physical activity	6.1^	-	17.0^~	12.8^~
Missing	15.5^	6.5^	0.8^	5.0^
<b>Providers with no or limited space indoors for gross motor physical activity</b>				
Not enough indoor space was available for physical activity	54.6	59.7	74.0~	67.9
Missing	10.1^	6.5^	0.8^	3.6^
<b>Number of early child care programs</b>	<b>91</b>	<b>112</b>	<b>82</b>	<b>285</b>

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Environmental Observation Form and Provider Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

Not enough portable play or physical activity equipment was defined as very or somewhat limited availability during indoor play time.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

**Table C.24. Before and after school programs observed lacking equipment or space for physical activity**

	At-risk afterschool centers	Outside-school-hours care centers	All
<b>Providers with no or limited equipment during indoor physical activity sessions</b>			
Not enough portable play or physical activity equipment was available, observed during indoor play time	52.1~	32.5^~	50.1
Missing	3.0^	5.1^~	3.3^
No fixed play or physical activity equipment at the site	2.3^	0.0	2.1^
Missing	4.9^	0.0	4.5^
No portable play or physical activity equipment at the site	5.3^	-	5.0^
Missing	2.2^	0.0	2.0^
<b>Providers with no or limited space outdoors for gross motor physical activity</b>			
Not enough outdoor space was available for physical activity	10.1^	13.9^	10.4^
Missing	3.5^	0.0	3.3^
<b>Providers with no or limited space indoors for gross motor physical activity</b>			
Not enough indoor space was available for physical activity	32.3	66.8	34.7
Missing	-	0.0	-
<b>Number of before and after school programs</b>	<b>70</b>	<b>33</b>	<b>103</b>

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Environmental Observation Form and Provider Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

Not enough portable play or physical activity equipment was defined as very or somewhat limited availability during indoor play time.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.



Table C.25. Early child care programs that reported restricting active play as a disciplinary measure

	Child care centers	Head Start centers	Family day care homes	All
Play restricted for children ages 1 to 5				
Yes	6.4^	2.1^	7.5^~	6.7^
No	91.5	95.5	84.5~	87.2
Missing	2.1^	2.4^	8.1^	6.1^
Number of early child care programs	239	334	205	778

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Provider Survey, winter through summer, 2023. Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

Table C.26. Before and after school programs that reported restricting active play as a disciplinary measure

	At-risk afterschool centers	Outside-school-hours care centers	All
Play restricted for children ages 5 to 12			
Yes	16.5	13.3^	16.3
No	64.4	80.7	65.6
Missing	19.1	6.1^	18.2
Number of before and after school programs	195	100	295

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Provider Survey, winter through summer, 2023. Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

**Table C.27. Early child care programs that reported restricting active play as a disciplinary measure, by share of minority children residing in the area**

	0 to less than 40 percent	40 to less than 80 percent	80 to 100 percent	All
<b>Play restricted for children ages 1 to 5</b>				
Yes	8.9 <sup>^</sup> ~	1.0 <sup>^</sup>	10.0 <sup>^</sup>	6.7 <sup>^</sup>
No	83.8~	94.9	83.0	87.2
Missing	7.3 <sup>^</sup>	4.1 <sup>^</sup>	7.0 <sup>^</sup>	6.1 <sup>^</sup>
<b>Number of early child care programs</b>	<b>303</b>	<b>247</b>	<b>226</b>	<b>776</b>

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Provider Survey, winter through summer, 2023, and American Community Survey, 2021.

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

The percentage of minority children residing in the area is defined as the percentage of children ages 0–11 in the program’s zip code who are non-White or Hispanic.

<sup>^</sup> Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

**Table C.28. Before and after school programs that reported restricting active play as a disciplinary measure, by share of minority children residing in the area**

	0 to less than 40 percent	40 to less than 80 percent	80 to 100 percent	All
<b>Play restricted for children ages 5 to 12</b>				
Yes	28.6 <sup>^</sup>	9.6 <sup>^</sup>	17.3 <sup>^</sup>	16.3
No	58.4	65.1	69.0	65.6
Missing	13.1 <sup>^</sup>	25.4	13.6 <sup>^</sup>	18.2
<b>Number of before and after school programs</b>	<b>85</b>	<b>107</b>	<b>100</b>	<b>292</b>

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Provider Survey, winter through summer, 2023, and American Community Survey, 2021.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

The percentage of minority children residing in the area is defined as the percentage of children ages 0–11 in the program’s zip code who are non-White or Hispanic.

<sup>^</sup> Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

**Table C.29. Early child care programs observed restricting active play as a disciplinary measure among programs that had any physical activity**

	Child care centers	Head Start centers	Family day care homes	All
<b>Any child was observed losing more than 5 minutes of physical activity time as a disciplinary action for misbehavior</b>				
Yes	10.6 <sup>^</sup>	13.1 <sup>^</sup>	3.7 <sup>^~</sup>	6.3 <sup>^</sup>
Missing	-	-	3.2 <sup>^~</sup>	2.3 <sup>^</sup>
<b>Number of early child care programs</b>	<b>91</b>	<b>112</b>	<b>81</b>	<b>284</b>

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Environmental Observation Form and Provider Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

<sup>^</sup> Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

<sup>~</sup> Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

**Table C.30. Before and after school programs observed restricting active play as a disciplinary measure among programs that had any physical activity**

	At-risk afterschool centers	Outside-school-hours care centers	All
Any child was observed losing more than 5 minutes of physical activity time as a disciplinary action for misbehavior			
Yes	9.9 <sup>^</sup> ~	-	9.1 <sup>^</sup>
Missing	5.6 <sup>^</sup>	-	5.5 <sup>^</sup>
Number of before and after school programs	54	29	83

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Environmental Observation Form and Provider Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

<sup>^</sup> Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

**Table C.31. Early child care programs observed restricting active play as a disciplinary measure among programs that had any physical activity, by share of minority children residing in the area**

	0 to less than 40 percent	40 to less than 80 percent	80 to 100 percent	All
<b>Any child was observed losing more than 5 minutes of physical activity time as a disciplinary action for misbehavior</b>				
Yes	3.1 <sup>^</sup>	4.5 <sup>^</sup>	9.8 <sup>^~</sup>	6.3 <sup>^</sup>
Missing	-	1.3 <sup>^</sup>	-	2.3 <sup>^</sup>
<b>Number of early child care programs</b>	<b>108</b>	<b>82</b>	<b>93</b>	<b>283</b>

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Environmental Observation Form and Provider Survey, winter through summer, 2023, and American Community Survey, 2021.

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

The percentage of minority children residing in the area is defined as the percentage of children ages 0–11 in the program’s zip code who are non-White or Hispanic.

<sup>^</sup> Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

<sup>~</sup> Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

**Table C.32. Before and after school programs observed restricting active play as a disciplinary measure among programs that had any physical activity, by share of minority children residing in the area**

	0 to less than 40 percent	40 to less than 80 percent	80 to 100 percent	All
<b>Any child was observed losing more than 5 minutes of physical activity time as a disciplinary action for misbehavior</b>				
Yes	-	14.0 <sup>^~</sup>	-	9.1 <sup>^</sup>
Missing	0.0 <sup>~</sup>	5.0 <sup>^~</sup>	8.6 <sup>^~</sup>	5.5 <sup>^</sup>
<b>Number of before and after school programs</b>	<b>23</b>	<b>29</b>	<b>30</b>	<b>82</b>

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Environmental Observation Form and Provider Survey, winter through summer, 2023, and American Community Survey, 2021.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

The percentage of minority children residing in the area is defined as the percentage of children ages 0–11 in the program’s zip code who are non-White or Hispanic.

<sup>^</sup> Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

<sup>~</sup> Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.



**Table C.33. Physical activity levels in early child care programs in SNACS-I and SNACS-II**

	SNACS-I	SNACS-II	Difference
Mean number of minutes of total physical activity, adjusted to an 8-hour day	96.3	123.1	26.8*
Mean number of minutes of outdoor physical activity, adjusted to an 8-hour day	60.2	44.9	-15.2*
Mean number of minutes of indoor physical activity, adjusted to an 8-hour day	36.1	81.5	45.4***
<b>Number of early child care programs</b>	<b>227</b>	<b>275</b>	

Source: Study of Nutrition and Activity in Child Care Settings (SNACS-I), Environmental Observation Form, winter through summer, 2017 and Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Environmental Observation Form, winter through summer, 2023.

SNACS-I and SNACS-II tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Years 2016–2017 and 2022–2023, respectively. Estimates are percentages unless otherwise noted.

Difference between SNACS-I estimate and SNACS-II estimate is significantly different from zero at the \*\*\*0.001 level, \*\*0.01 level, or \*0.05 level.

**Table C.34. Physical activity levels in before and after school programs in SNACS-I and SNACS-II**

	SNACS-I	SNACS-II	Difference
Mean number of minutes of total physical activity, adjusted to an 8-hour day	146.4	185.0	38.5
Mean number of minutes of outdoor physical activity, adjusted to an 8-hour day	76.8	97.0	20.2
<b>Number of before and after school programs</b>	<b>88</b>	<b>93</b>	

Source: Study of Nutrition and Activity in Child Care Settings (SNACS-I), Environmental Observation Form, winter through summer, 2017 and Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Environmental Observation Form, winter through summer, 2023.

SNACS-I and SNACS-II tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Years 2016–2017 and 2022–2023, respectively. Estimates are percentages unless otherwise noted.

Difference between SNACS-I estimate and SNACS-II estimate is significantly different from zero at the \*\*\*0.001 level, \*\*0.01 level, or \*0.05 level.

**Table C.35. Providers meeting recommendations for physical activity in SNACS-I and -II**

	SNACS-I	SNACS-II	Difference
<b>Percentage of providers meeting or exceeding CFOC guidance for moderate to vigorous activities in early child care programs</b>			
Yes, provider met CFOC guidance	23.0	18.7~	-4.3~
<b>Number of early child care programs</b>	<b>227</b>	<b>284</b>	
<b>Percentage of providers meeting or exceeding CDC guidance in before and after school programs</b>			
Yes, provider met CDC guidance	68.6	71.5	3.0
<b>Number of before and after school programs</b>	<b>88</b>	<b>97</b>	

Source: Study of Nutrition and Activity in Child Care Settings (SNACS-I), Environmental Observation Form, winter through summer, 2017 and Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Environmental Observation Form, winter through summer, 2023.

SNACS-I and SNACS-II tabulations are weighted to be nationally representative of all early child care programs or all before and after school programs participating in the Child and Adult Care Food Program in Program Years 2016–2017 and 2022–2023, respectively. Estimates are percentages unless otherwise noted.

CFOC recommends 60 to 90 minutes per 8-hour day of moderate to vigorous physical activities for toddlers (12 to 35 months). Programs' sampled classrooms with the majority of children in this age range that had moderate to vigorous physical activity durations of at least 60 minutes and at least two outdoor physical activity occurrences (weather dependent) are categorized as meeting CFOC guidelines for this analysis.

CFOC recommends 90 to 120 minutes per 8-hour day of moderate to vigorous physical activities for preschoolers (3 to 6 years). Programs' sampled classrooms with the majority of children in this age range that had moderate to vigorous physical activity durations of at least 90 minutes and at least two outdoor physical activity occurrences (weather dependent) are categorized as meeting CFOC guidelines for this analysis.

CFOC guidance recommends 60 to 90 total minutes of outdoor play for all children (birth to 6 years). Programs that had outdoor physical activity durations of at least 60 minutes (weather dependent) are categorized as meeting CFOC guidelines for this analysis. CFOC guidance can be found at National Resource Center for Health and Safety in Child Care and Early Education (NRC), Caring for Our Children, 3rd edition (CFOC3) (<http://nrckids.org/CFOC/Database/3.1.3.1>).

Centers for Disease Control and Prevention (CDC) Youth Physical Activity Guidelines Toolkit 2008 recommendations for physical activity durations for children ages 6-17 (<https://www.cdc.gov/healthyschools/physicalactivity/guidelines.htm>). Recommended CDC physical activity for children ages 6 to 17 years is at least 60 minutes per 8-hour day.

Difference between SNACS-I estimate and SNACS-II estimate is significantly different from zero at the \*\*\*0.001 level, \*\*0.01 level, or \*0.05 level.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.