

# Advancing Healthy Out-of-School Time: Reaching New Standards

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# A National Movement



# Introductions

- \* Who are we?
- \* Why are we here?
- \* Start-up activity



# In This Session...



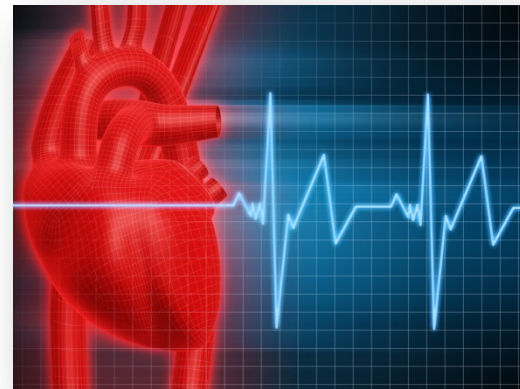
- ✓ Introduce and explore HEPA Standards
- ✓ Engage you as a participant in a unified approach to health promotion in out-of-school time (OST)
- ✓ Provide the information needed to engage programs in full implementation of the standards
- ✓ Review recent research findings for jump starting action

# We need to do better at wellness...



Physical inactivity and unhealthy eating poses a serious concern to our nation's children, health, health care system, and economy.

1/3 of U.S. children and adolescents are at increased risk of heart disease, type 2 diabetes, and other health problems.



# OST Programs are a promising setting



# Context: Why OST Programs?

- \* OST programs are a community setting that merit more attention for promoting healthy eating and physical activity because:
  - \* REACH: over 8 million kids/yr.
  - \* MISSION: healthy youth development
  - \* DRIVE:
    - \* focus on quality and professional development
    - \* Specific focus on HEPA
  - \* CAPACITY: serve meals and snacks



# HOST Coalition Members

- \* 4H
- \* Action for Healthy Kids
- \* Active Living Research
- \* Afterschool Alliance
- \* After-School All-Stars
- \* Alliance for a Healthier Generation
- \* American Camp Association
- \* American Heart Association
- \* Association of State and Territorial Health Officials (ASTHO)
- \* Boys & Girls Clubs of America
- \* Bridging the Gap
- \* CANFIT
- \* Center for Collaborative Solutions
- \* Centers for Disease Control
- \* Easter Seals
- \* Food Research Action Center (FRAC)
- \* Forum for Youth Investment
- \* Healthy Kids Out of School
- \* Mission Readiness
- \* National AfterSchool Association
- \* National Council of Youth Sports
- \* National Human Services Assembly
- \* National Institute on Out-of-School Time (NIOST)
- \* National League of Cities (NLC)
- \* National Recreation and Park Association (NRPA)
- \* National Summer Learning Association
- \* Nemours
- \* Out-of-School Time Resource Center at The University of Pennsylvania
- \* Playworks
- \* Robert Wood Johnson Foundation (RWJF)
- \* Safe Routes to School National Partnership
- \* Salud America!
- \* Share Our Strength
- \* United States Department of Agriculture (USDA)
- \* United States Department of Defense (DOD)
- \* United Way
- \* University of Minnesota
- \* A World Fit for Kids
- \* YMCA of the USA (Y-USA)
- \* Scientists and Researchers from RTI, Tufts University, Univ. Calif. San Diego, and Univ. of Minnesota



# Development of HEALTHY EATING & PHYSICAL ACTIVITY (HEPA) Standards for Out-of-School Time

2009



Convened Healthy Out-of-School Time (HOST) Coalition

2010



Received funding for HEPA needs assessment and standards development

2011



HOST Coalition submitted standards to the National Afterschool Association and standards were adopted and named the NAA HEPA Standards

NATIONAL  
AfterSchool HEPA  
ASSOCIATION STANDARDS



# Standards Adopted by NAA

## April 2011

### Healthy Eating and Physical Activity

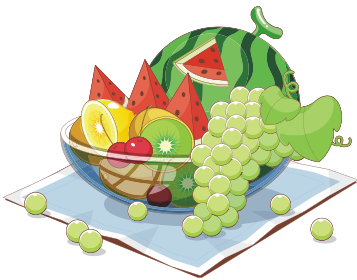
- \* Content and Quality
- \* Staff Training
- \* Nutrition Education
- \* Social Support
- \* Organizational Support
- \* Environmental Support



# Healthy Eating: Content & Quality

## Standard:

- \* Programs serve foods and beverages in amounts and types that promote lifelong health and help prevent chronic disease.
- \* These include:
  - \* Whole grains and heart-healthy fats or oils
  - \* Without added sugar or trans fats
  - \* Fruits and vegetables
  - \* Beverages made without added sugars



# Physical Activity: Content & Quality

## Standard:

- \* The program's physical activity offerings support the USDHHS 2008 guidelines.
- \* These guidelines recommend:
  - \* 60 minutes of physical activity per day.
  - \* Mixture of moderate and vigorous intensity activity as well as bone and muscle strengthening activities.





**Take a moment to reflect on your program and think about all the aspects of your program. In what ways does your program promote healthy eating and physical activity?**

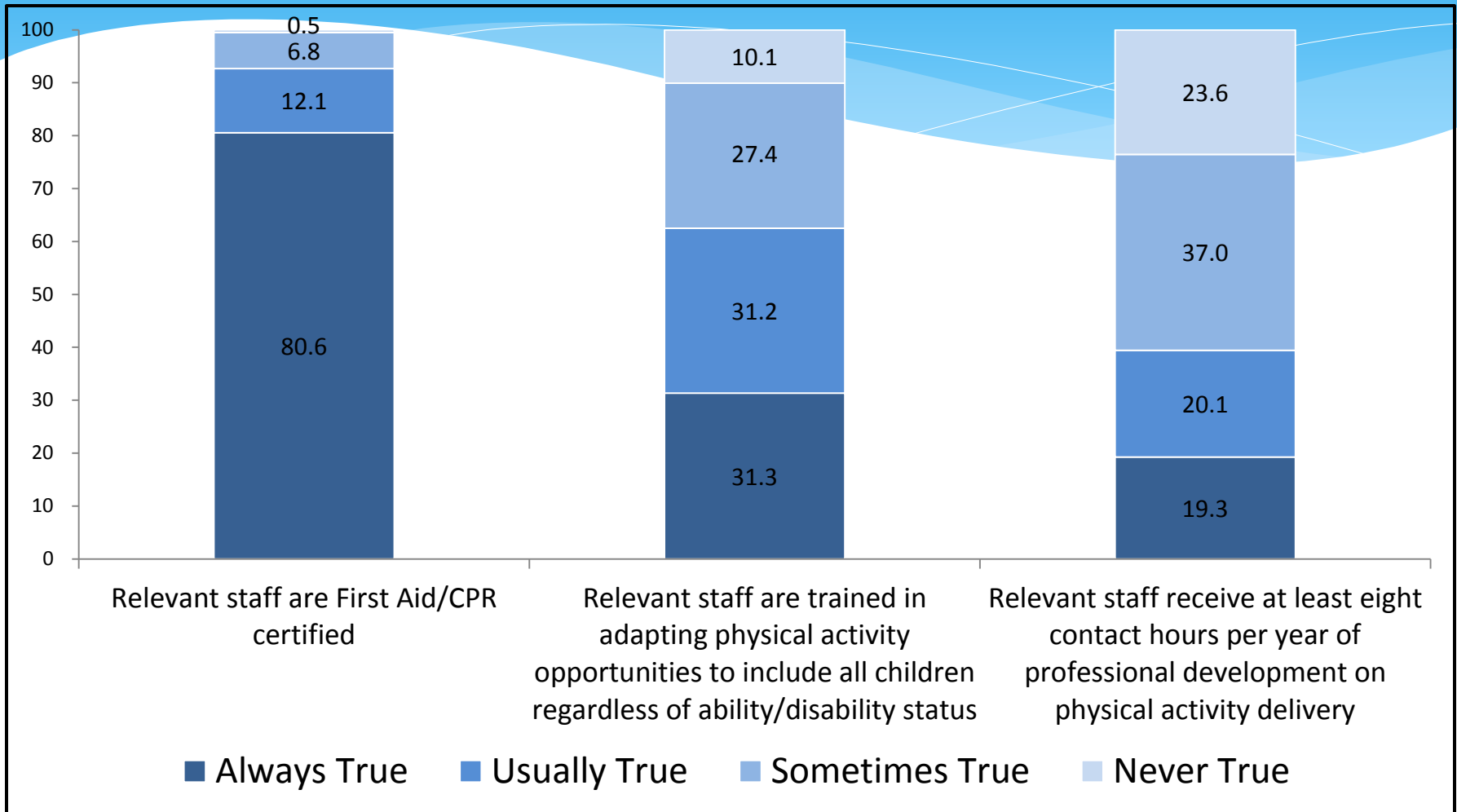
# Using Research to Advance Healthy OST

What do we know??????

## Three Data Collection and Analyses Studies:

- ❑ Program Practices: An Investigation of Physical Activity and Healthy Eating Standards and Practices in Out-of-School Time Programs (2010-2011)
- ❑ Out-of-School Time Physical Activity Standards: Implementation Trends (2013)
- ❑ Out-of-School Time Healthy Eating Standards: Implementation Trends (2015)

# Findings Staff Training - PA



# More Healthy Snacks Served

Type of Snack	Percent of Programs Reporting
<b>More Healthy</b>	
Fruit or vegetable (not potato)	56%
Whole grain bread or crackers	55%
Skim or low/reduced fat unflavored milk	50%
Popcorn, granola, pretzels	48%
Cheese	34%
Unsweetened water or seltzer	24%
Unsweetened breakfast cereal	23%
Peanut butter, hummus, bean dish	17%
Lean protein (e.g., eggs, turkey, tuna)	10%



# Less Healthy Snacks Served

Type of Snack	Percent of Programs Reporting
<b>Less Healthy</b>	
Flavored milk (e.g., strawberry, chocolate, vanilla)	30%
Chips (e.g., potato chips, cheese puffs, corn chips)	20%
Dessert-type items	15%
Presweetened breakfast cereal	13%
Drinks made with sugar/high fructose corn syrup	14%
Non-calorie drinks (e.g., soda, fruit, or water drinks made with non-caloric sweeteners)	12%
Whole unflavored milk	10%
Mayonnaise, butter, or salad dressing	6%
High-fat meat (e.g., baloney, salami)	3%

# Findings: Kitchen Components/Food Resources

Kitchen Components/Food Resources: (a) space for preparing snack, (b) refrigeration for perishable snacks, (c) storage for nonperishable snacks, (d) access to a kitchen sink, and (e) access to kitchen utensils.



46% of programs reported having all five kitchen components available.

# Findings: Snack Quality Ratio

$$SQR = \text{Healthy Snacks} / \text{Total Snacks}$$

There was a notable difference in the snack quality ratios for programs having the full set of food resources (.76) and those not having all five resources (.67).

For 27% of programs half of the snacks served were less healthy.



# Healthy Living



Afterschool programs can help children meet their healthy eating and physical needs and start them on a healthy habit for life.

# Discussion Questions

1. What are the implications of the new standards for your program?
2. What are potential strategies and approaches for aligning practice to the standards?
3. What challenges will be associated with implementation of the new standards?
4. What does it mean for staff training? Costs? Schedule?

# Reaching the Standards

- \* Be patient, persistent, and stay focused.
- \* Recognize staff for modeling healthy behaviors.
- \* Reward sites for providing a healthy environment.
- \* Planning, training, and budgeting.

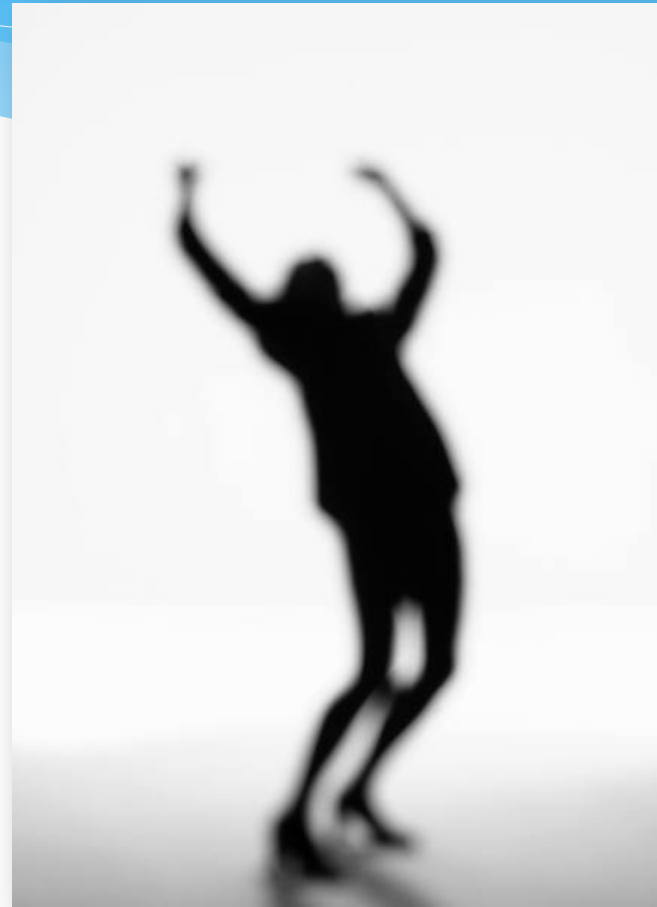


# Program Staff are Key Change Agents



# Give your team a YES if:

- \* You know why the standards for Healthy Eating and Physical Activity in out-of-school time are important.
- \* You understand you are starting a process for achieving the standards.
- \* Now that you understand the issue and the process, you are ready to commit to the work.





# While you work on implementing the standards...



- ✓ Recognize sites or staff for making positive changes.
- ✓ Share your experiences with successful implementation of a Standard.
- ✓ Be patient, persistent, and stay focused.

We all benefit from healthy eating and more physical activity in OST programs.

# Change isn't easy



We know that making healthy eating and physical activity changes requires a lot of infrastructure support and change in support.

# Onward and Upward

**Download the standards at**

**[http://naaweb.org/images/NAA\\_HEPA\\_Standards\\_new\\_look\\_2015.pdf](http://naaweb.org/images/NAA_HEPA_Standards_new_look_2015.pdf)**

**HOST site: [www.healthyost.org](http://www.healthyost.org)**

**Resource: [www.voicesforhealthykids.org](http://www.voicesforhealthykids.org)**

**Resource: [www.niost.org/HOST-Program/](http://www.niost.org/HOST-Program/)**

**Resource: [www.healthiergeneration.org](http://www.healthiergeneration.org)**

**Resource: [www.bridgingthegapresearch.org](http://www.bridgingthegapresearch.org)**

# Making the Healthy Choice...



...the Easy Choice