

# Healthy Out of School Time: Developing National Quality Standards for Healthy Eating and Physical Activity

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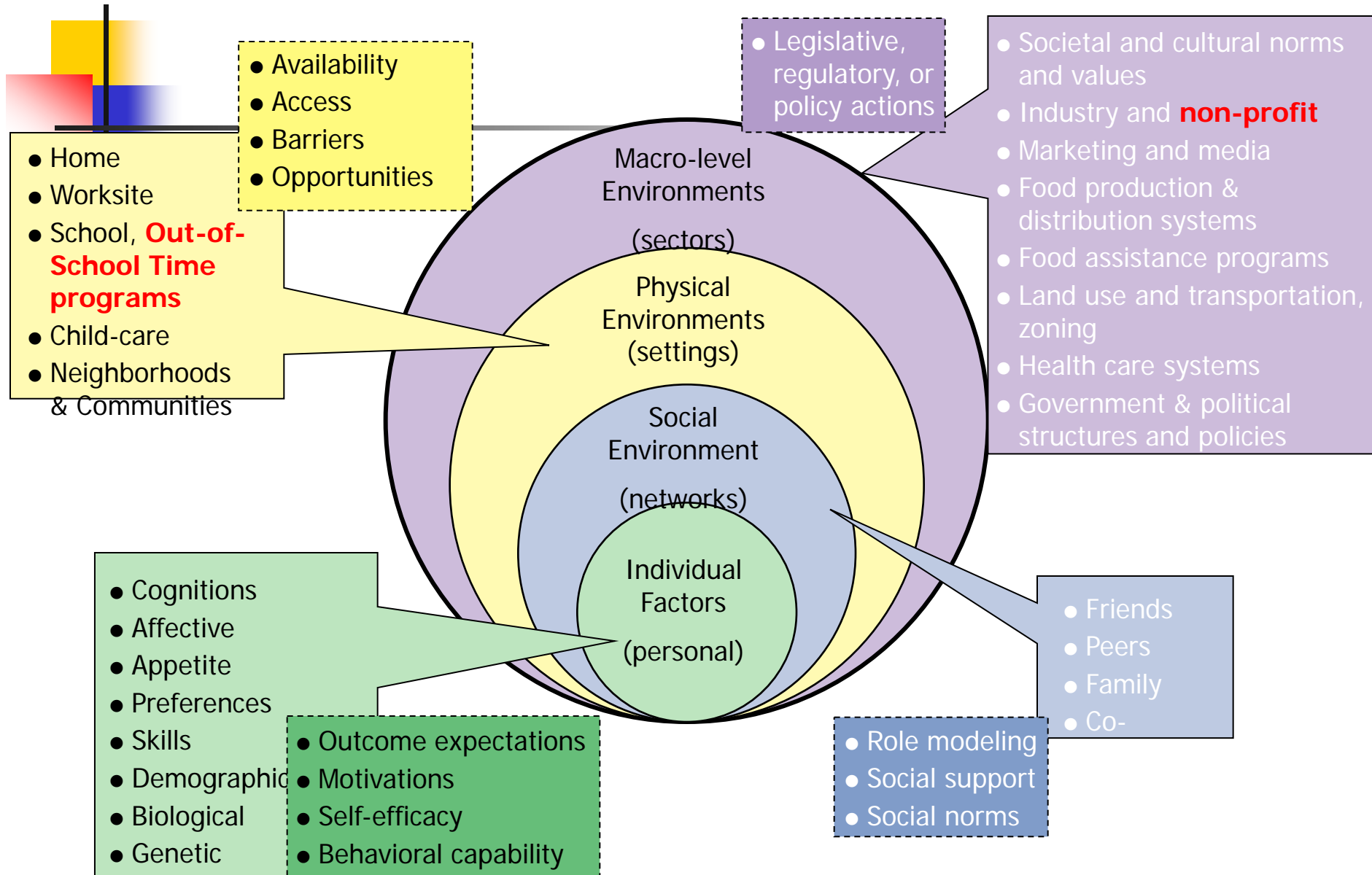
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# DISCLOSURE

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- I have no actual or potential conflict of interest in relation to this program or presentation.

# An Ecological Framework : Multiple Influences on Physical Activity and Eating Behaviors





**KIDS**

Physical  
Evt:  
programs

Macrolevel envt: policy



# Vision and Goal

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- Leverage the reach and mission of OST programs to address obesity and chronic disease prevention
  - Develop HEPA standards for the National Afterschool Association

# Frameworks

- CBPR (Israel)
- Diffusion of Innovations (Rogers)
- Organizational change for health promotion
- Type 2 Translation (Rohrbach)
- Strong experiential base





# Timeline

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- January 2009: Convene Healthy Out of School Time (HOST) coalition.
- January 2010: Receive RWJF grant with NIOST to conduct needs assessment and develop standards
- January 2011: Submit standards to National Afterschool Association
- April 2011: NAA adopts standards



# Why good OST HEPA standards are needed

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- *“If not us, who? If not now, when?”*
- Over 8m children attend after-schools
- Infrastructure for improvement exists: NAA, COA, states
- Considerable “pull” and interest
- Diverse standards and guidelines exist
- Big range in program HEPA practices





## Guidelines are not sufficient....

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Guidelines are not sufficient –  
engagement, relationships, high  
quality facilitation.





# 2010 National Needs Assessment Findings

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- N=493
- 12 Regional Networks
- Describe program practices “yesterday”
- Funded by RWJF Rapid Response grant to NIOST and UMB

# 2010 National Needs Assessment Findings: Physical Activity

24% of programs met all five of our “best practice” criteria.

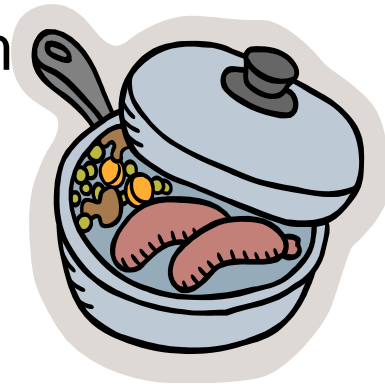
Disaggregated results were:

- 80% had staff that organized activities during PA time to ensure that children were not just sitting around.
- 79% reported that most or all youth participated in the PA that they offered
- 77% offered physical activity for all youth (as opposed to some)
- 68% reported that they were working from PA guidelines
- 60% offered 30 – 60 minutes of PA; 29% offered an hour or more



# 2010 National Needs Assessment Findings: Healthy Eating

- 57% of programs served  $\geq 1$  food or beverage of low nutritional value on the previous program day:
- 19 % served chips, Doritos, or puffs;
- 15% served a dessert type item;
- 24% served sugar-sweetened or artificially sweetened beverages;
- 26% of programs served flavored milk.





## Strategy: Involve the right people

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- HOST Coalition included key national and regional OST players:
  - Afterschool Alliance
  - Alliance for a Healthier Generation
  - CDC DASH (non-voting)
  - Dept. of Defense
  - Food Research and Action Center
  - National Afterschool Association
  - National Association of State Boards of Education
  - ...and others



# Strategy: Earn trust

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- Ensure people got credit for their work
- Open, transparent process
- Phone meetings and minutes
- Multiple opportunities to provide input and to comment on work



# Strategy: Share our vision

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- We see a country where obesity and chronic disease trends are reversed through a commitment to healthy eating and physical activity everywhere.
- We see children with daily opportunities for vigorous, heart- happy play.
- We see children eating delicious, healthy foods every day.
- We see your programs helping to make this turnaround come true.



# Strategy: Next Steps

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- Coordinating roll-out with NAA
- Seeking additional funding for pilot projects for later scaling
- Dissemination: AHG, AA, NAA, NPAP
- Going beyond guidelines– supporting implementation through toolkits and coaching.





# Jump to view the standards

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- [www.niost.org/HOST-program/](http://www.niost.org/HOST-program/)

