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

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DISCLOSURE

• 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

- Individual Factors (personal)
  - Cognitions
  - Affective
  - Appetite
  - Preferences
  - Skills
  - Demographic
  - Biological
  - Genetic
  - Outcome expectations
  - Motivations
  - Self-efficacy
  - Behavioral capability

- Social Environment (networks)
  - Friends
  - Peers
  - Family
  - Co-workers
  - Role modeling
  - Social support
  - Social norms

- Physical Environments (settings)
  - Home
  - Worksite
  - School, Out-of-School Time programs
  - Child-care
  - Neighborhoods & Communities
  - Availability
  - Access
  - Barriers
  - Opportunities

- Macro-level Environments (sectors)
  - Legislative, regulatory, or policy actions
  - Societal and cultural norms and values
  - Industry and non-profit
  - Marketing and media
  - Food production & distribution systems
  - Food assistance programs
  - Land use and transportation, zoning
  - Health care systems
  - Government & political structures and policies

- Home
  - Worksite
  - School, Out-of-School Time programs
  - Child-care
  - Neighborhoods & Communities
KIDS

Physical Envt: programs

Macrolevel envt: policy
Vision and Goal

- 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

- January 2010: Receive RWJ F 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

- “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 – engagement, relationships, high quality facilitation.
2010 National Needs Assessment Findings

- N=493
- 12 Regional Networks
- Describe program practices “yesterday”
- Funded by RWJF Rapid Response grant to NIOSHT 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 > 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.

NIOST, UMass Boston, 2010, Unpublished Findings
Strategy: Involve the right people

- 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

- 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

- 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

- 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**

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