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

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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

- **Social Environment** (networks):
  - Outcomes expectations
  - Motivations
  - Self-efficacy
  - Behavioral capability

- **Macro-level Environments** (sectors):
  - Legislative, regulatory, or policy actions
  - Societal and cultural norms and values
  - Industry and non-profit
  - Marketing and media

- **Physical Environments** (settings):
  - Food production & distribution systems
  - Food assistance programs
  - Land use and transportation, zoning
  - Health care systems

- **Macrol-level Environments** (sectors):
  - Government & political structures and policies
  - Legislative, regulatory, or policy actions

- **Home**
- **Worksite**
- **School, Out-of-School Time programs**
- **Child-care**
- **Neighborhoods & Communities**
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 RWJF grant with NIOST to conduct needs assessment and develop standards.
- 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... 

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 NI OST 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
• 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.
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/