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

Ellen Gannett
Wellesley College

Georgia Hall
Wellesley College

Barb Roth
YMCA of the USA

See next page for additional authors

Follow this and additional works at: https://escholarship.umassmed.edu/cts_retreat

Part of the Clinical Epidemiology Commons, Community Health and Preventive Medicine Commons, Health Services Research Commons, and the Pediatrics Commons
Presenter Information
Ellen Gannett, Georgia Hall, Barb Roth, and Jean Wiecha

Creative Commons License
This work is licensed under a Creative Commons Attribution-Noncommercial-Share Alike 3.0 License.

This presentation is available at eScholarship@UMMS: https://escholarship.umassmed.edu/cts_retreat/2011/presentations/11
Healthy Out of School Time: Developing National Quality Standards for Healthy Eating and Physical Activity

Ellen Gannett, M.Ed. & Georgia Hall, PhD: NIOST, Wellesley College
Barb Roth, MA: YMCA of the USA
Jean Wiecha, PhD: University of MA at Boston
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

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

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

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
- 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 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
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.
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/