

Latest Strategies for Bringing Health & Wellness to OST



Thank you for
joining us.
The webinar
will begin
shortly.



Afterschool Alliance

Housekeeping Notes



Experiencing Delays?

Try closing out the other programs running on your computer.



Audio difficulties? Keep this number handy!

Dial: 1-877-860-3058

Code: 1135574



Have a question or comment?

Use the group chat to interact with presenters and other participants.



Today's Objectives

By attending this webinar, participants will be able to:

- **Understand the role HEPA plays in supporting overall children's health, and how the benefits extend beyond obesity prevention and protect against some of the most common health challenges youth face today.**
- **Learn what the HEPA standards are, why they were refreshed, and what assessment and action-planning tools are available.**
- **Access the resources and tools you need to integrate HEPA into afterschool and summer programming.**



Shared Benefits of HEPA

- Each health challenge has its own risk factors.
- Each health challenge has its own protective factors
- The intentional identification of shared risk and protective factors for many common health challenges can guide the development of appropriate program practices and interventions to defend against a broad spectrum of related health challenges
- **Interrelated Approach: Positive Health Youth Development Framework** allows providers to view and address health issues holistically and in correlation to each other.



*Please note any health issue can be added as a [bubble].
Customize the health challenges based on your state, community and program needs



Health Challenge	Risk Factor	Protective Factor	Shared Strategy
Obesity	<ul style="list-style-type: none"> Sedentary Behavior Poor Nutrition Low Self Esteem Family Norms Adverse Childhood Exp 	<ul style="list-style-type: none"> Physical Activity Proper Nutrition Positive Self Image Family Practice Afterschool Programs 	<ul style="list-style-type: none"> Character Building (SEL) Leadership Opportunities Implementing HEPA Standards Positive Relationship w/Afterschool Staff Parent Involvement
Substance Misuse	<ul style="list-style-type: none"> Availability of drugs and alcohol Family Conflict Depression or suicidal ideation Friends who engage Adverse Childhood Experiences 	<ul style="list-style-type: none"> Engagement in Meaningful Activities Family Connectedness Life Skills and Social Competence Afterschool programs 	
Mental Illness (ie Depression and Suicide)	<ul style="list-style-type: none"> Hopelessness Disconnection from School Prior suicide attempt(s) Family History Adverse Childhood Experiences 	<ul style="list-style-type: none"> Sense of Connectedness Developing problem-solving and conflict-resolution skills Family Support Afterschool Programs 	



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Customize the health challenges based on your state, community and program needs



New Issue Brief...

A Big-Picture Approach to Wellness: Afterschool Supporting Strong Bodies and Minds



Taking a comprehensive approach to wellness—which includes healthy eating and physical activity and extends to additional aspects of health, such as social and emotional skills and competencies—can provide the necessary supports to help healthy children grow into healthy adults. Afterschool and summer learning programs are well-situated to be an integral component of initiatives that address the whole child. Children in quality programs have access to healthy snacks and meals, take part in physical activities, feel safe and supported by caring mentors, work collaboratively with peers, develop new skills, and gain confidence as they learn to set goals and make responsible decisions for themselves. Afterschool and summer learning programs are embracing broad definitions of health set forth by national health leaders like the World Health Organization and the Department of Health and Human Services and are part and parcel of the support system ensuring that children become healthy, happy, and capable adults.

The Health Issues Facing Our Children Today and the Adults of Tomorrow

National public health issues among children today are physical, social, and emotional. Data from the most recent National Survey of Children's Health reveal that children are struggling with physical, social, and emotional health issues. Although data over the past decade do indicate that the percentage of children ages 10-17 who were either overweight or obese has largely plateaued, close to 1 in 3 children still fall into this weight range,¹ placing them at a higher likelihood for a number of health issues including asthma, type 2 diabetes, and high blood pressure.²

"Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."

— World Health Organization Constitution

"Promoting health and well-being and preventing disease are linked efforts that encompass physical, mental, and social health dimensions."

— Department of Health and Human Services' Healthy People 2030

Healthy Eating and Physical Activity + Social and Emotional Learning

Through a focus on healthy eating and physical activity, as well as social and emotional learning, afterschool and summer learning programs are taking a holistic approach to wellbeing.

Healthy Eating and Physical Activity (HEPA)

Increasing children's access to healthy foods and time for physical activity helps promote lifelong health. To encourage best practices related to healthy eating and physical activity, the National Institute on Out-of-School Time (NIOST), University of Massachusetts Boston, and the YMCA of the USA developed the healthy eating and physical activity (HEPA) standards for out-of-school time, which were adopted by the National AfterSchool Association (NAA) in 2011.

To learn more, visit Afterschool Alliance's [Health and Wellness webpage](#).

Social and Emotional Learning (SEL)

The definition of SEL by the Collaborative for Academic, Social, and Emotional Learning (CASEL) is: "...the process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions." CASEL's SEL framework is comprised of five domains: self-awareness, social awareness, responsible decision-making, self-management, and relationship skills.

Read ["An Ideal Opportunity: The Role of Afterschool in Social and Emotional Learning"](#) to learn more about SEL and afterschool.



Afterschool Alliance

...and afterschool spotlights

Afterschool Spotlight

A World Fit for Kids!

HEALTHY EATING AND PHYSICAL ACTIVITY (HEPA)
+
SOCIAL AND EMOTIONAL LEARNING (SEL)

Training staff to model healthy behaviors to promote healthy eating and physical activity and social and emotional learning

Taking a comprehensive approach to wellness—which includes healthy eating and physical activity and extends to additional aspects of health, such as social and emotional skills and competencies—can provide the necessary supports to help healthy children grow into healthy adults. Afterschool and summer learning programs are well-situated to be a component of solutions that address the whole child. Children in quality programs have access to healthy snacks and meals, take part in physical activities, feel safe and supported by caring mentors, work collaboratively with peers, develop new skills, and gain confidence as they learn to set goals and make responsible decisions for themselves.

Overview

A World Fit for Kids! (WFIT) is an afterschool program with the mission of "preparing young people for fit and fulfilling lives." Working in underserved



Afterschool Spotlight

Camp Fire Lone Star

HEALTHY EATING AND PHYSICAL ACTIVITY (HEPA)
+
SOCIAL AND EMOTIONAL LEARNING (SEL)

Empowering students to take charge of their health

Taking a comprehensive approach to wellness—which includes healthy eating and physical activity and extends to additional aspects of health, such as social and emotional skills and competencies—can provide the necessary supports to help healthy children grow into healthy adults. Afterschool and summer learning programs are well-situated to be a component of solutions that address the whole child. Children in quality programs have access to healthy snacks and meals, take part in physical activities, feel safe and supported by caring mentors, work collaboratively with peers, develop new skills, and gain confidence as they learn to set goals and make responsible decisions for themselves.

Overview

Students in the greater Dallas, Tex.-area are learning how to take control of their health in **Camp Fire Lone Star's** afterschool programs. Through its Camp Fire Wise Kids® health and wellness program, youth are being shown how to



Afterschool Spotlight

Coaching Corps

HEALTHY EATING AND PHYSICAL ACTIVITY (HEPA)
+
SOCIAL AND EMOTIONAL LEARNING (SEL)

Using healthy eating and physical activity as a vehicle to build students' social and emotional skills and competencies

Taking a comprehensive approach to wellness—which includes healthy eating and physical activity and extends to additional aspects of health, such as social and emotional skills and competencies—can provide the necessary supports to help healthy children grow into healthy adults. Afterschool and summer learning programs are well-situated to be a component of solutions that address the whole child. Children in quality programs have access to healthy snacks and meals, take part in physical activities, feel safe and supported by caring mentors, work collaboratively with peers, develop new skills, and gain confidence as they learn to set goals and make responsible decisions for themselves.

Overview

Coaching Corps is a coalition of thousands of community members, civic-minded organizations, and college students committed to inspiring and



Afterschool Spotlight

DC SCORES

HEALTHY EATING AND PHYSICAL ACTIVITY (HEPA)
+
SOCIAL AND EMOTIONAL LEARNING (SEL)

Training staff to model healthy behaviors in order to support students' healthy eating and physical activity, as well as develop their social and emotional skills and competencies.

Taking a comprehensive approach to wellness—which includes healthy eating and physical activity and extends to additional aspects of health, such as social and emotional skills and competencies—can provide the necessary supports to help healthy children grow into healthy adults. Afterschool and summer learning programs are well-situated to be a component of solutions that address the whole child. Children in quality programs have access to healthy snacks and meals, take part in physical activities, feel safe and supported by caring mentors, work collaboratively with peers, develop new skills, and gain confidence as they learn to set goals and make responsible decisions for themselves.

Overview

DC SCORES offers students in grades K-8 a unique year-round afterschool experience through the intentional integration of soccer, poetry, and service



Afterschool Spotlight

Zhang Sah

HEALTHY EATING AND PHYSICAL ACTIVITY (HEPA)
+
SOCIAL AND EMOTIONAL LEARNING (SEL)

Embracing the complementary nature of healthy eating and physical activity and social and emotional learning

Taking a comprehensive approach to wellness—which includes healthy eating and physical activity and extends to additional aspects of health, such as social and emotional skills and competencies—can provide the necessary supports to help healthy children grow into healthy adults. Afterschool and summer learning programs are well-situated to be a component of solutions that address the whole child. Children in quality programs have access to healthy snacks and meals, take part in physical activities, feel safe and supported by caring mentors, work collaboratively with peers, develop new skills, and gain confidence as they learn to set goals and make responsible decisions for themselves.

Overview

Zhang Sah takes a comprehensive positive-outcome approach to its programming, combining martial arts with developing students' social and emotional skills and competencies. Meaning "brave scholar" in Korean, Zhang Sah's administrators and middle school students learn martial arts while studying



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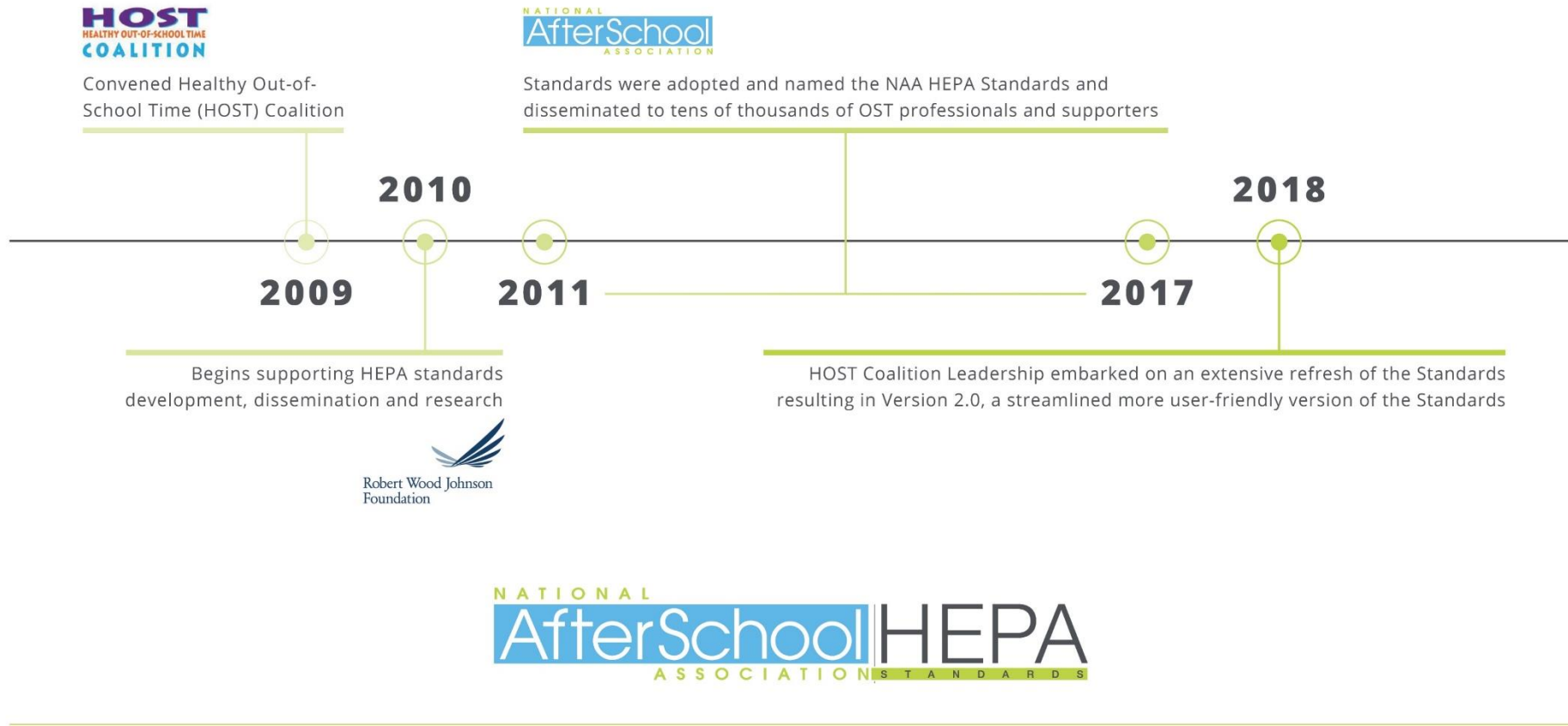
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ASSOCIATION

HEPA

STANDARDS

Development of Healthy Eating & Physical Activity (HEPA) Standards for Out-of-School Time



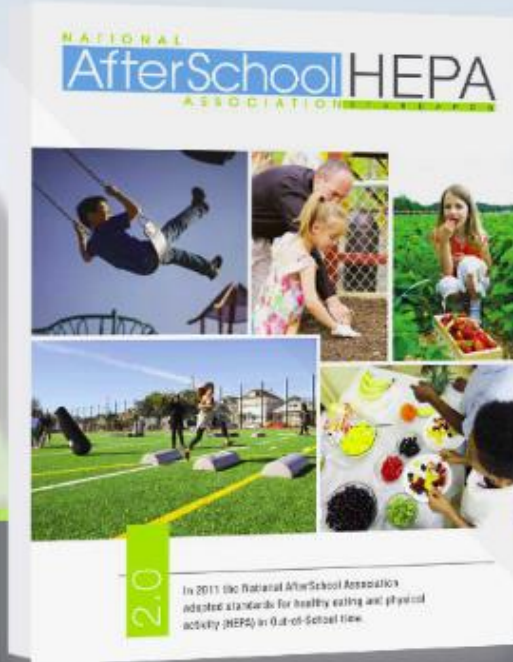
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NAA HEPA Standards 2.0

DOWNLOAD TODAY

NAA HEPA Standards 2.0

1. **Content and Quality (CQ):** 19 Standards
2. **Staff Training (ST):** 5 Standards
3. **Social Support (SS):** 11 Standards
4. **Program Support (PS):** 8 Standards
5. **Environmental Support (ES):** 5 Standards

Suggested Use by Program Leaders and Providers

- Set clear, individualized, and achievable goals
- Connect to community resources
- Support program staff
- Involve families
- Integrate physical activity and nutrition into program activities and approaches
- Plan your celebration

Suggested Uses for Other Stakeholders

- Parents and Families
- Funders and Policy Makers
- K–12 Educators and School Administrators
- Higher Education

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AfterSchool | **HEPA**
ASSOCIATION STANDARDS



2.0

Self-Assessment Tool

Healthy Eating and Physical Activity Standards 2.0



Bringing **Healthy Out-of-School Time** to Life

Printable Action Plan



Fostering a growth
mindset through
**CONTINUOUS
IMPROVEMENT**



ACTION PLAN

Page 18 of the Self-Assessment Tool

<https://naaweb.org/resources/naa-hepa-standards>

Healthy Out-of-School Time Action Plan



SITE NAME: _____ ORGANIZATION: _____

CITY: _____ STATE: _____

INSTRUCTIONS: Use this Action Plan indicate the priority Content Areas, related goals, and necessary action steps for continuous improvement. As you fill out this Action Plan, ask yourself:

- **Complete.** Are all action steps need to accomplish the goal listed?
- **Clear.** Is it apparent who will do what by when?
- **Current.** Is the information up-to-date?

PRIORITY CONTENT AREA:				
NAA HEPA Standard Related Goal(s)	Action Steps/ Tasks	Person Responsible	Start and End Dates	Evidence Needed to Demonstrate Implementation of The Standard. What Will Success Look Like?

CQ10.

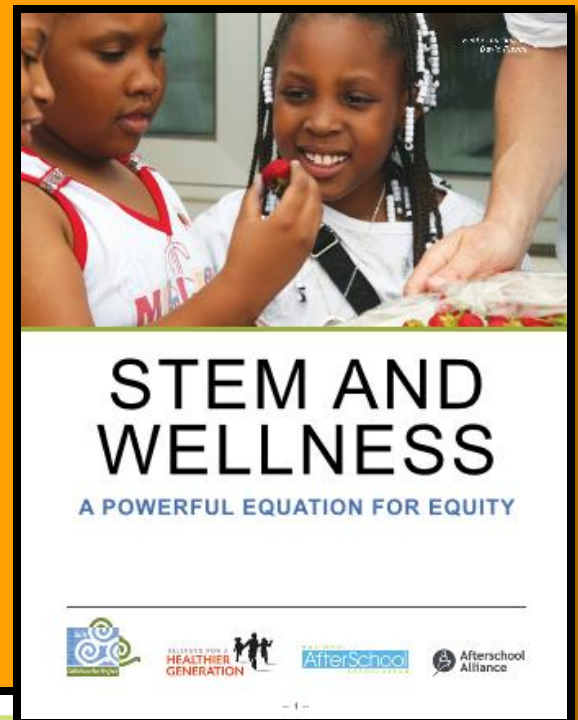
PRIORITY CONTENT AREA:

NAA HEPA
Standard
Related Goal(s)

Action Steps/
Tasks

Offer developmentally appropriate, inclusive physical activities, games, and sports that provide youth with the knowledge and skills necessary to enjoy being physically active throughout their lives and **reflect the CQ best practices.**

- a.** Developed and/or delivered by qualified personnel. Examples: program staff trained in the curricula or activities
- b.** Connected to or integrated into existing programming, such as tutoring, homework, STEM, creative arts, and other enrichment activities



#STEMwellness

CQ11.

PRIORITY CONTENT AREA:


NAA HEPA
Standard
Related Goal(s)

Action Steps/
Tasks



Plan and provide time for **physical activity**:

- a. 1-hr. program—10 mins.
- b. 2-hr. program—20 mins.
- c. 3-hr. program—30 mins.
- d. 4-hr. program—40 mins.
- e. 5 hrs. or more—60 mins.

<http://www.ssw.com/blog/category/pe-central/fitness-challenge-calendars/>

 FITNESS CHALLENGE September 2018						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Toss a football with a friend
2 Butterfly Kicks (20 seconds) 5 Tuck Jumps	3 5 Mountain Climbers 3 Sky Reaches	4 Butterfly Kicks (20 seconds) 5 Tuck Jumps	5 BACK TO SCHOOL TASK CARDS	6 5 Mountain Climbers 3 Sky Reaches	7 YOGA TASK CARD	8 Walk through a corn maze
9 Butterfly Kicks (30 seconds) 7 Tuck Jumps	10 7 Mountain Climbers 5 Sky Reaches	11 Butterfly Kicks (30 seconds) 7 Tuck Jumps	12 BACK TO SCHOOL TASK CARDS	13 7 Mountain Climbers 5 Sky Reaches	14 YOGA TASK CARD	15 Go for a bike ride
16 Butterfly Kicks (45 seconds) 10 Tuck Jumps	17 10 Mountain Climbers 8 Sky Reaches	18 Butterfly Kicks (45 seconds) 10 Tuck Jumps	19 BACK TO SCHOOL TASK CARDS	20 10 Mountain Climbers 8 Sky Reaches	21 YOGA TASK CARD	22 Hike your favorite trail
23 Butterfly Kicks (1 minute) 12 Tuck Jumps	24 15 Mountain Climbers 10 Sky Reaches	28 Butterfly Kicks (1 minute) 12 Tuck Jumps	29 BACK TO SCHOOL TASK CARDS	30 15 Mountain Climbers 10 Sky Reaches	31 YOGA TASK CARD	

Back to School + Yoga Month – Use our September calendar for fitness exercise ideas and brain breaks to celebrate Back to School and National Yoga Month!

-  YOGA – Refer to the task card and choose one, a combination, or all activities listed
-  BACK TO SCHOOL – Refer to the task cards and choose one, a combination, or all activities listed

Special thanks to:



Visit www.healthiergeneration.org for more ideas on how to inspire a healthy, active lifestyle.

CQ13.

PRIORITY CONTENT AREA:

NAA HEPA
Standard
Related Goal(s)

Action Steps/
Tasks

<http://pbskids.org>

Offer daily outdoor physical activity.



DOWNLOAD

SHARE

Outdoor Family Fun with Plum

App

Does your family have a few minutes at the bus stop or 15 minutes to play outside? Try a mission from Plum and start building a healthy habit! Spending time outdoors has many benefits and nature is all around you just have to look!

Get ready for some Outdoor Family Fun with Plum! This app offers daily activities that will get your family outside, exploring your neighborhood and learning about nature. It's part of PLUM LANDING, a PBS KIDS project that helps kids develop a love for this amazing and beautiful planet we call home.

Features

- 150+ unique missions to explore your neighborhood's plants, animals, weather, and more
- Hundreds of tips to help your family talk about nature and science
- New missions and achievement badges that unlock as you use the app
- Digital tools to help your family observe and interact with nature
- Daily sets of suggested missions to try
- Progress tracker to look back on missions and achievements

For more learning adventures with Plum, visit pbskids.org/plumlanding

For more apps from PBS KIDS, visit pbskids.org/apps

CQ16.

CQ17.

PRIORITY CONTENT AREA:

NAA HEPA
Standard
Related Goal(s)

Action Steps/
Tasks

Offer non-competitive physical activities (e.g., walking, yoga, swimming, dancing).

Offer activities that are adaptable, accessible, and inclusive of children and youth with all abilities, including physical, sensory, and intellectual disabilities.

<https://blogs.edweek.org>



Education Week's blogs > Learning Is Social & Emotional

OPINION

Learning is SOCIAL & EMOTIONAL



In this blog, hosted
Commission on So
Development, mult
difficulties encount
comprehensive lea

« The Evidence Is in: Parents Want Early Education That Teaches the Whole Child | Main | 4 Ways Large Urban Schools Can Improve School Climate »

4 Ways to Foster Belonging Through Physical Activity

By Learning Is Social & Emotional Contributor on June 28, 2018 9:45 AM | No comments



By Daniel Hatcher

I grew up in small town rural America during the 80s and 90s. Although I now work for a national

The opinions expres
Emotional are strict
not reflect the opini
Projects in Educatio

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SS5.

PRIORITY CONTENT AREA:

NAA HEPA
Standard
Related Goal(s)

Action Steps/
Tasks



<https://www.pinterest.com/healthiergen/>

Ensures that all foods and beverages served, offered, or sold during celebrations or family or community events or in staff-only spaces reflect and reinforce the best practices outlined in CQ Standards. This SS covers program-sponsored staff events, meetings, and staff lounges.



<http://boostcafe.org/treat-simple-healthy-ways-celebrate>



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FRONT LINE STAFF / PROGRAM DESIGN, DEVELOPMENT, AND QUALITY / STAFF LEADERSHIP AND MANAGEMENT

"Treat Yourself," Simple and Healthy Ways to Celebrate



By Daniel W. Hatcher on August 14, 2018

No Comments



Healthier Generation's Online Assessment for OST Sites

Healthy Eating and Physical Activity Standards 2.0 **Self-Assessment Tool**

Continuous program improvement requires reflection on professional practices to identify strengths and recognize areas for future growth.

The HEPA 2.0 Self-Assessment Tool is designed to empower professionals and programs to assess their progress in meeting the standards outlined in the *NAA HEPA Standards for Out-of-School Time version 2.0*. The Self-Assessment Tool allows afterschool and other youth development professionals to:

- Assess professional and program practices in each of the five content areas.
- Identify specific areas of strengths.
- Plan action steps that will lead to improvement.

The Self-Assessment Tool may also be used by administrators and supervisors to guide program evaluation, and to identify program and professional development needs.

RECOMMENDATION: Use this Self-Assessment Tool as a guide to assess areas of strength, areas for improvement, and help determine continuous program improvement plans. The Assess, Reflect, Plan process will help you determine what development activities are needed for continued growth of the professionals and the program. It is suggested that you work through one Content Area at a time or choose to focus on just a few specific Content Areas or Standards. Complete the assessment over the course of a few days.

Once complete, we encourage you to enter your answers into **the Alliance for a Healthier Generation's online assessment for OST sites.**

Daniel W. Hatcher, MPH

Director of Community Partnerships

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healthiergeneration.org

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✓ Questions



Afterschool Alliance

Lights On Afterschool | Thursday, Oct. 25

www.afterschoolalliance.org/loa



- ✓ Nationwide celebration with 8K events & 1M participants
- ✓ Celebrate programs, shed light on need for more funding
- ✓ Themes:
 - ✓ Library Partnerships
 - ✓ STEM
 - ✓ Youth Voice
 - ✓ **Health & Wellness**

Visit 3to6.co/health to find event ideas, sample invitations, and more



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