The webinar will be starting shortly.

AFTERSCHOOL WEBINAR

Healthy #AfterschoolWorks: Free Tools, Resources, & Strategies

Wednesday, Apr 26, 1PM ET

Afterschool Alliance

The webinar will be starting shortly.
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.
Learning Objectives:

• Understand why the National AfterSchool Association has approved the HEPA standards as the ideal strategy to implement healthier eating and increased physical activity in OST programs
• Receive an increased awareness of the standards and how to take the first step towards implementation
• Locate and utilize practical implementation resources
• Hear about implementation challenges, success and pitfalls to avoid from an on the ground practitioner
Agenda

1. History and Intent of the National AfterSchool Association’s HEPA standards
2. Resources and Strategy
3. Lessons Learned
4. Discussion/Q&A
Guest Speaker: Heidi Ham
Development of HEALTHY EATING & PHYSICAL ACTIVITY (HEPA) Standards for Out-of-School Time

2009
HOST Coalition
Convened Healthy Out-of-School Time (HOST) Coalition

2010
Robert Wood Johnson Foundation
Begins supporting HEPA standards development, dissemination, and research

2011
HOST Coalition submitted standards to the National Afterschool Association and standards were adopted and named the NAA HEPA Standards

NATIONAL AfterSchool HEPA ASSOCIATION STANDARDS

COUNCIL ON ACCREDITATION
National Recreation and Park Association
BOY & GIRLS CLUBS OF AMERICA
ALLIANCE FOR A HEALTHIER GENERATION
Meet the Healthy Eating and Physical Activity Standards

<table>
<thead>
<tr>
<th>Healthy Eating (HE)</th>
<th>Physical Activity (PA)</th>
</tr>
</thead>
<tbody>
<tr>
<td>HE 01. Content and Quality (of foods served)</td>
<td>PA 01. Content and Quality (of physical activity offered)</td>
</tr>
<tr>
<td>HE 02. Staff Training</td>
<td>PA 02. Staff Training</td>
</tr>
<tr>
<td>HE 03. Nutrition Education Curriculum</td>
<td>PA 03. Social Support</td>
</tr>
<tr>
<td>HE 04. Social Support</td>
<td>PA 04. Organizational Support</td>
</tr>
<tr>
<td>HE 05. Organizational Support</td>
<td>PA 05. Environmental Support</td>
</tr>
<tr>
<td>HE 06. Environmental Support</td>
<td></td>
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</tbody>
</table>
Guest Speaker:
Daniel Hatcher
4 Ways to Kick Start Healthy Afterschool & Support What You’re *Already* Doing!

Daniel W. Hatcher, MPH
Director of Community Partnerships
Alliance for a Healthier Generation
Twitter: @hatchdw @healthiergen
healthiergeneration.org
Healthy Afterschool Should be Inclusive Afterschool

Photos provided by National Center on Health, Physical Activity and Disability (NCHPAD)

PAST3: ARE TRAINED in adapting physical activity opportunities to include children and youth at all levels of athletic availability and those with physical, sensory or intellectual disability.

- **Tips and Resources for Inclusive Physical Activity**
- **3 Steps to Including Kids with a Disability**
- **Healthy Communities Are Inclusive Communities**
- **Creating a More Connected World Through Local Agriculture: 9 Voices (#9, Lori Watkins, Lakeshore Foundation)**
#1: Inspire & Energize Staff

PASS1: STAFF LEADS AND PARTICIPATES in active play (e.g., games and activities).

PAPS5: THE ORGANIZATION promotes and encourages a physically active lifestyle among staff.

HEPS6: STAFF AT ALL LEVELS model healthy eating on the job.

when nutrition education is yummy and fun

#WELLNESSWINS

Afterschool Alliance
One-on-One with WNBA Star Jewell Loyd

Race against the clock during this two-minute Fitness Break tailored for the classroom, out-of-school time, or on-the-go.

The Mirror Challenge with Jason and Jarron Collins

Find a buddy for this Fitness Break and get moving with twin brothers and former NBA players Jason and Jarron Collins.
**Spotlight On**

**Vegetable Frittata**

Try National Nutrition Advisor Carol Chong’s veggie frittata at breakfast for a nutrient-packed start to the school day!

[View Recipe](#)
#2: Build Bridges to Nature/Environment & STEM

Act Local & Impact Global, a Trip to my Community Garden
posted on 4/13/17 by Daniel W. Hatcher, Director, Community Partnerships
Read More

6 Asks for Your Local Home Improvement Store
posted on 4/13/17 by Daniel W. Hatcher, Director, Community Partnerships
Read More

healthiergeneration.org/hostblog
#3: Build Social Connections

PACQ7: OFFERS NON-COMPETITIVE activities.

For Elementary School
- Complete set of Energizers for Elementary School

For Middle School
- Healthful Living Energizers
- Language Arts Energizers
- Math Energizers
- Music Energizers
- Science Energizers
- Social Studies Energizers

For After School
- After-School Energizers

eatsmartmovemorenc.com
#4: Develop New Leaders

PASS3: STUDENTS PARTICIPATE in activity selection, organization and leadership.

YOUTH ENGAGEMENT GUIDE

Healthy Out-of-School Time Wellness Policy Implementation Guide for Parks and Recreation Agencies

when wellness policies support inclusion for all students

#WELLNESSWINS

HEST4: HEALTH PROMOTION AWARENESS TRAINING AND COACHING:

A: All staff receive training on the role of healthy eating, physical activity, and social supports for healthy behaviors minimally once per year.

B: New staff are quickly oriented to this information.
### Assessment

Wow! Based on your responses, you are implementing all of our best practices for a healthy out-of-school-time environment. Congratulations on being a leader in out-of-school time health! We’d love to hear and share your story! Email us at host@healthiergeneration.org.

You can also download a [Word](#) or [PDF](#) version of our Assessment Tool.

Your site is currently working on these modules:

<table>
<thead>
<tr>
<th>#1:11</th>
<th>#1:22</th>
</tr>
</thead>
<tbody>
<tr>
<td>Snack, Meal, and Drink Quality</td>
<td>Staff Training – Healthy Eating</td>
</tr>
</tbody>
</table>

- **#1:11**  
  - Your site is meeting all goals for this module!
  - **Complete all modules and then work on your Action Plan.**

- **#1:22**  
  - Well Done! You now have 0 Items in your Action Plan
  - **Work on your Action Plan or add more goals.**

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**BONUS: Link Quality w/ Policy & Practice**

**Simple Inexpensive Resources to Build Healthy Afterschool**  
Alliance for a Healthier Generation – Dec 7, 2016
THANK YOU

Daniel W. Hatcher, MPH
Director of Community Partnerships

Twitter: @hatchdw @healthiergen
healthiergeneration.org
Guest Speaker: Lindsey Jorstad
HEPA 101

- Tell Your Story!
- Health & Wellness Standards
- Integrate Parent Resources
- Play with a Purpose
Help, anyone?

• Partner up!
• Free Resources
• Student Internships
• Professionals at Play
• Get that $$

Children's Healthcare of Atlanta
STRONG LIFE

National Recreation and Park Association

Afterschool Alliance
The Good, Bad & Surprising

Staff • Parents • Participants

• To reward or not to reward...
• Rain or Shine
• Works here but not there
THANK YOU

Lindsey Jorstad, CPRP
Outreach Manager
Department of Community Services
Discussion

• Are you currently facing any challenges with implementing the HEPA standards at your site?

• Share your HEPA success stories...

• Is there any additional information you would like to receive regarding the HEPA standards?