

# Building a Culture of Health in Out of School Time

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# Whole School, Whole Community, Whole Child

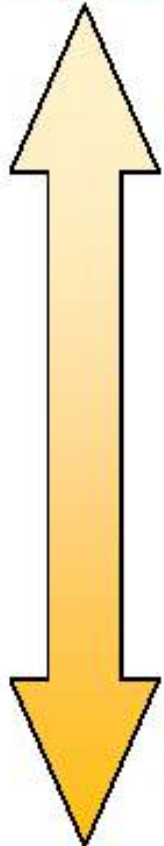


# CDC Health Impact Pyramid

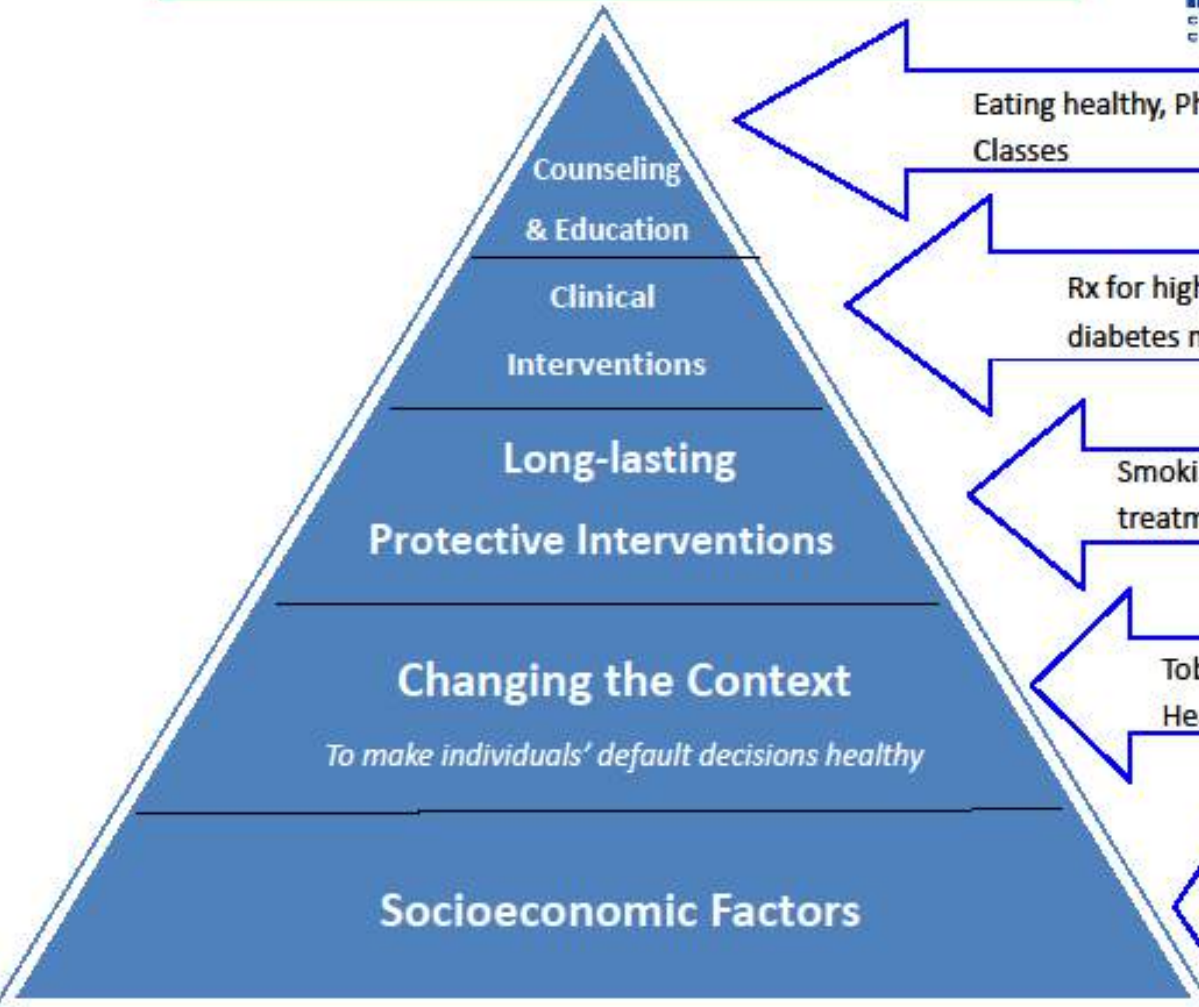
*Factors that Affect Health*



Smallest  
Impact



Largest  
Impact



Eating healthy, Physical Education  
Classes

Rx for high blood pressure,  
diabetes medications

Smoking Cessation  
treatments

Tobacco taxes,  
Health Laws

Poverty,  
education

# When school ends, many kids are 'running on empty'



**33%** of elementary schools  
start serving lunch before 11 AM

**60+%** of elementary schools  
start serving lunch between  
11am-12pm

Data from 2014 School Health Policies and Practices Study

# Food quality is important



# Need a break from sitting?



# OST Programs can offer summer support



Active Living Research. 2015 Does Summertime Weight Gain Undermine Youth Obesity Prevention Efforts?

Nord & Romig. 2007. Hunger in the Summer. Journal of Children and Poverty

**Huang, Barnidge, Kim 2015. Children Receiving Free or Reduced-Price School Lunch Have Higher Food Insufficiency Rates in Summer. J Nutr**

# Nourishment and Movement After-School



- NAA HEPA Standards 2011
- Boys & Girls Club of America
- The Y
- National Parks and Recreation



# HEPA Standards

Healthy Eating	Physical Activity
HE01: Snacks, Meals, Beverages	PA01: Physical Activity
HE02: Staff Training	PA02: Staff Training
HE03: Nutrition Education	
HE04: Staff, Family, and Community Engagement	PA03: Staff, Family, and Community Engagement
HE05: Organizational Practices & Policies	PA 04: Organizational Practices & Policies
HE06: Physical Environment	PA05: Physical Environment

# **At your Table:** Image Card Activity

# Partnerships

# Boys & Girls Clubs of America



- **4 million** young people served annually
- **4,300** Clubs throughout the country
  - **1,594 school-based Clubs**
  - 481 Youth Centers on U.S. military installations, globally
  - 990 Clubs in rural areas
  - 296 Clubs in public housing
  - 175 Clubs on Native lands

# A High Quality Club Experience

## 5 Key Elements

1. Safe, Positive Environment
2. Supportive Relationships
3. Fun
4. Opportunities & Expectations
5. Recognition



# BGCA: Bridging the School & OST Investment

## Key Strategies

- Prioritize and strengthen school partnerships at national- & local-levels (i.e. K-12 & Post-secondary)
- Establish and nurture the Club- youth- family- school- community relationship by promoting a Culture of Wellness (i.e. WSCC model)
- Focus on increased program quality and alignment of evidence-based and informed programs & resources
- Provide professional development opportunities & TA to Club Professionals & Partners that promote HEPA via a Culture of Wellness
- Establish innovative partnerships with Federal Agencies (i.e. CDC, D. Ed) and Corporate/Cause Partnerships (i.e. Anthem Foundation, NBA, MLB)



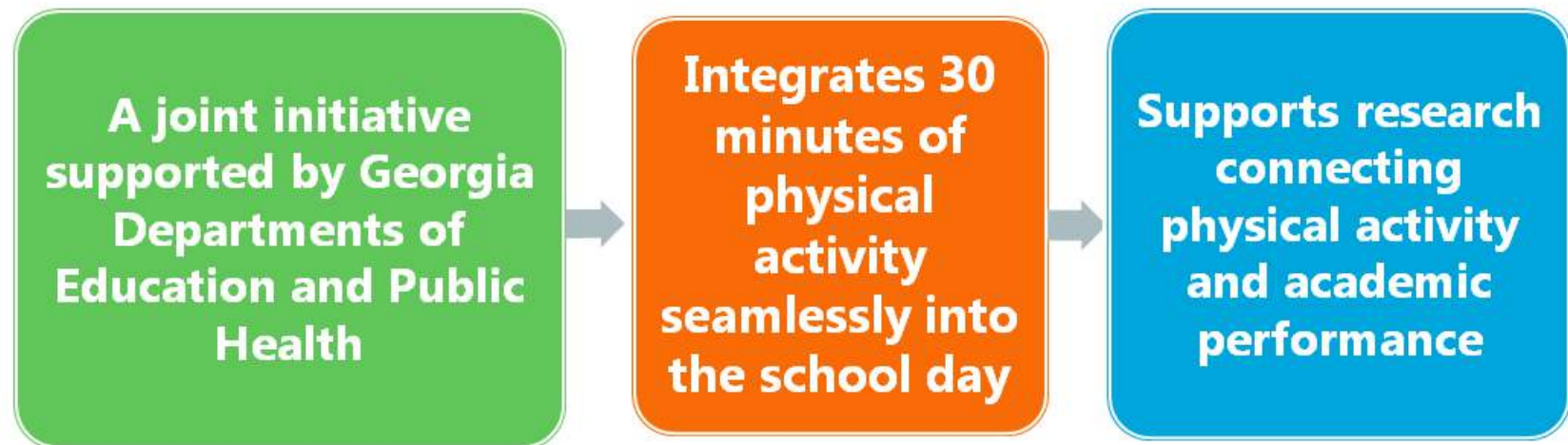


# Georgia Shape Power Up for 30 Out of School Time





# What is **Power Up for 30**?



# Power Up for 30 Goal



## SCHOOLS

30 minutes

Every child

Every day

## OUT OF SCHOOL PROVIDERS

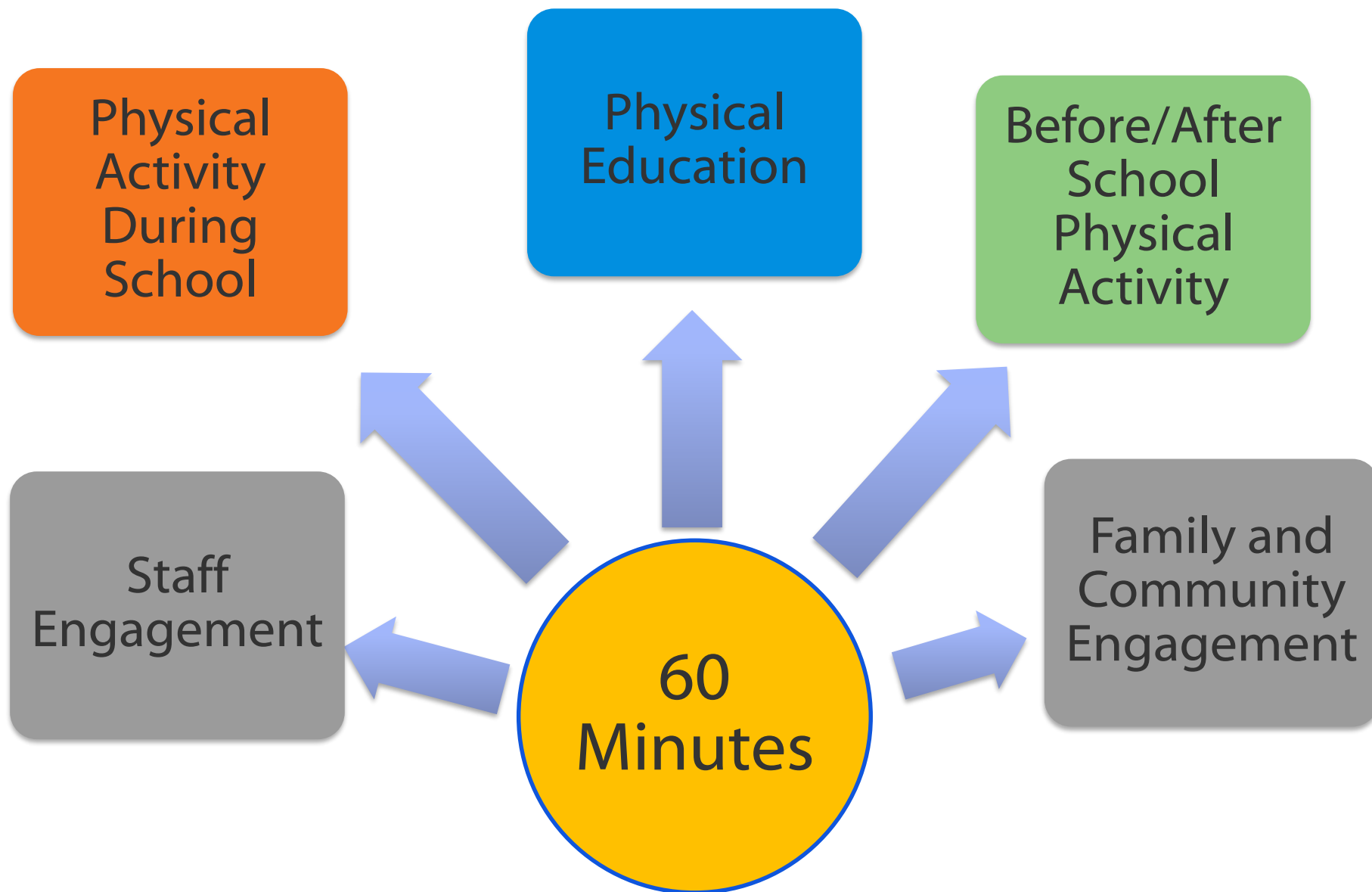
30 minutes

Every youth

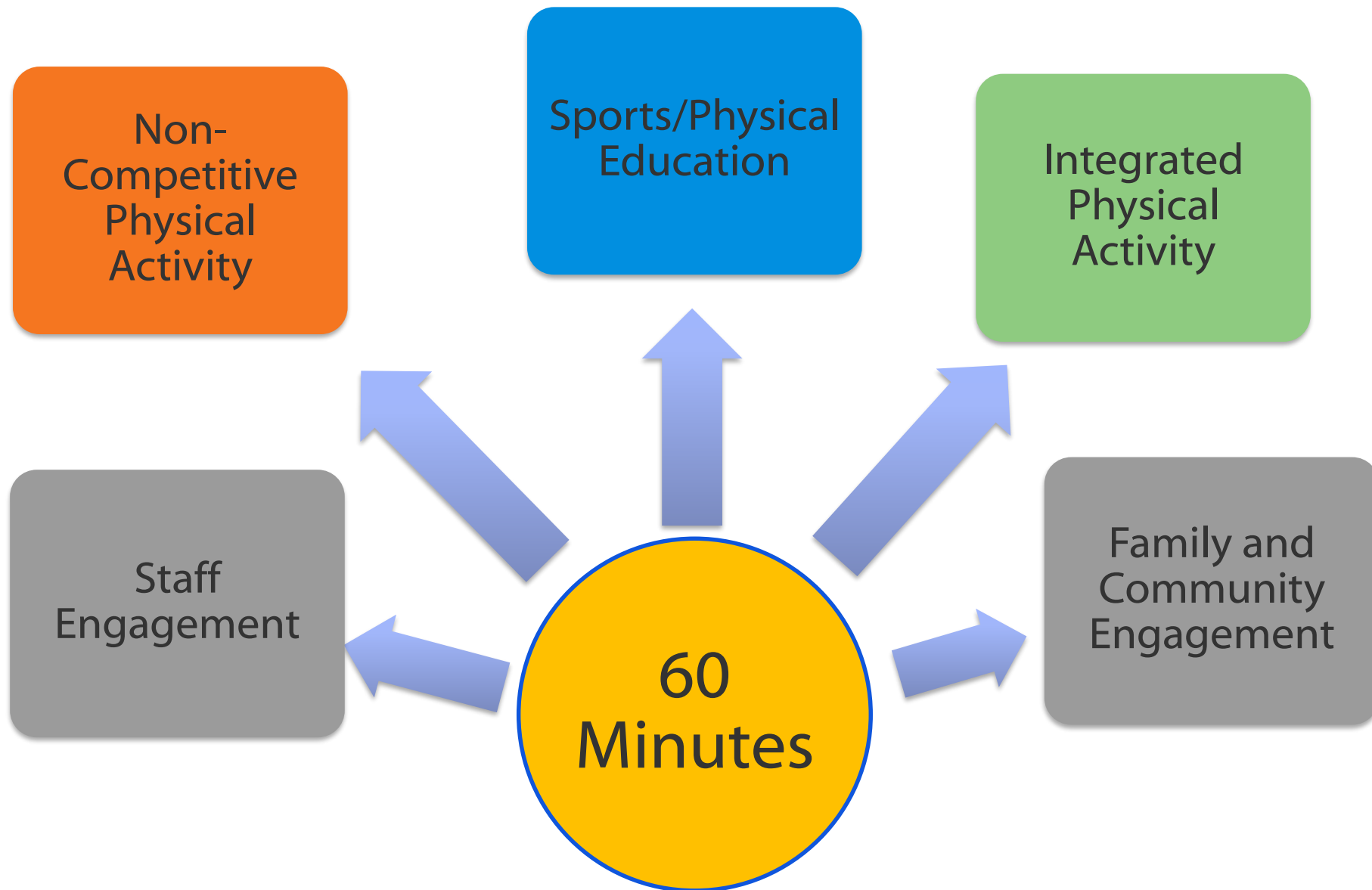
Every day

**National Recommendation**

**60 Minutes**



# Comprehensive School Physical Activity



## Comprehensive OST Physical Activity Program

# **Power Up for 30 Action Plans**

- Increase PA to at least 20% of total program time
- Integrate PA into academic and enrichment time
- Increase opportunities for non-competitive PA
- Increase opportunities for fun, life-long PA (run/walk/dance)
- Reduce screen time

# **Power Up for 30 Round 2 Action Plans**

- Implement behavior management strategies so that PA opportunities are not taken away from students
- Adapt PA to include children of all levels of athletic ability and those with physical, sensory and intellectual disability
- Incorporate science and evidence based nutrition education and activities into program
- Serve water and eliminate sugar sweetened beverages
- Serve snacks that meet the USDA Smart Snack Guidelines

# Collaborating for statewide impact!

**49 Programs**  
**275 Youth Development Professionals**  
**50,000 YOUTH!**





# Partnering with Libraries: Summer Feeding Program









# **HEPA Standards Activity (8 min)**

Take a look at these standards.

- Do you already have some of these practices in place?
- What assets does your organization have/offer that can support organization?
- What partnerships could help you go further?

# Strategies for Implementation & Overcoming Barriers



# Partners in Healthy OST: CDC & BGCA

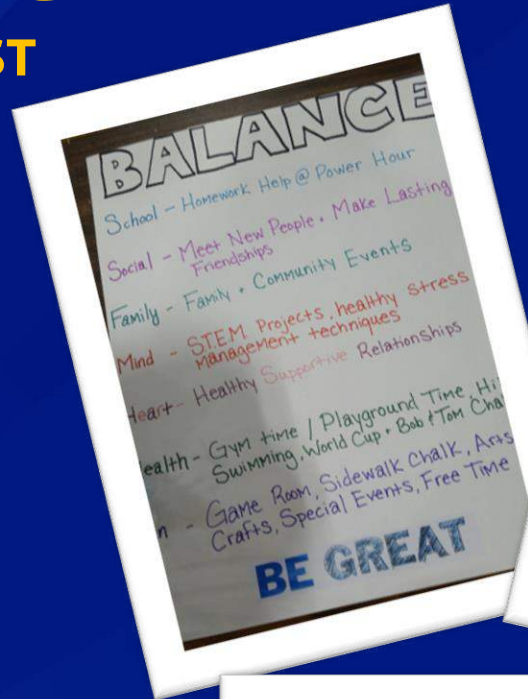
**Goal: Improve HEPA outcomes in OST**

## **Year One: Midwest**

- **12 Club Organizations**
  - **12 States**
  - **Over 160 Club houses**
    - *93 School-based Clubs*
- **ToT for over 600 OST Providers/Partners**
  - *17 school staff represented*
  - *6 unique school districts*

## **Year Two: Southwest**

- **11 Club Organizations**
  - **10 States**
  - **Over 130 Club houses**
    - *87 School-based Clubs*



# Creating a Culture of Wellness: Lessons Learned

- Provide professional development opportunities & follow-up TA
- Staff modeling health specific practices that promote a culture of health and live across all areas
  - move beyond one-off programs in gym or cafeteria,
  - inclusive of frontline staff, youth, board members, administration, etc.
- Make HEPA FUN!
- Recognize Youth, Staff and Families for healthy behaviors
- Create meaningful opportunities for youth, staff & families to practice healthy behaviors & allow time for reflection



# Farm to Club

Taste Tests

Parent  
connections

Hands-on  
Cooking



Farmer  
Connections

Edible  
Gardens



# Edible Gardens





# Hands-On Cooking



# Overcoming Staffing Barriers: Meaningful Internships



# Staff Training



## **Barriers & Assets (8 minutes)**

**Thinking about implementing HEPA standards**

- **What has been/ do you anticipate being a challenge in this kind of work?**
- **What tools and resources have been helpful?**
- **What additional guidance or resources are needed?**



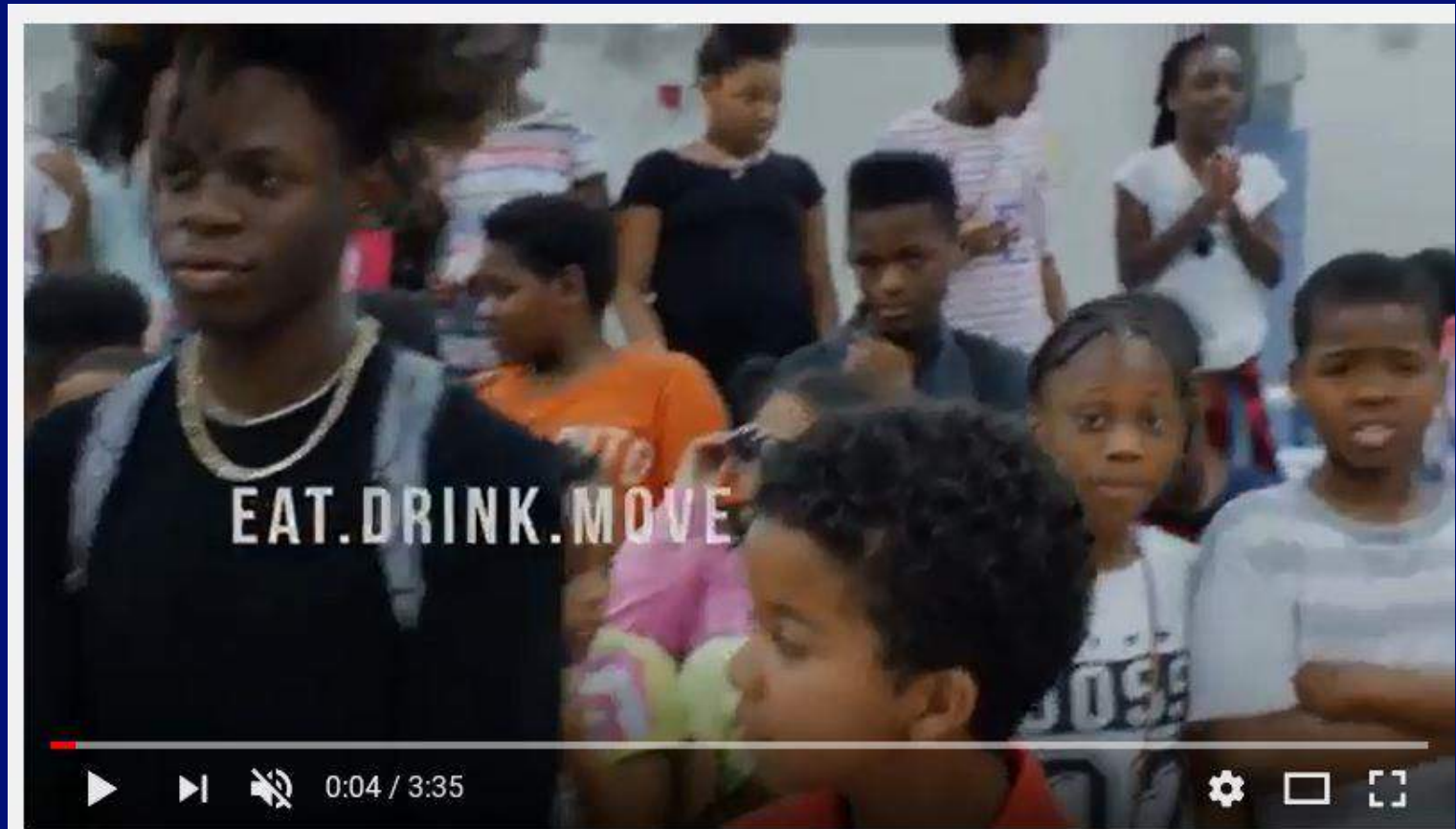
**Grown-ups need  
breaks from sitting  
too!**



# Closing Activity

- **What are your next steps?**
- **What do you still want to know?**

# Engage Youth Voices:



# Thank you!

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The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.