



Tools & Resources of the healthy afterschool movement



Who is in the room?



What do you know about the movement?



What challenges/opportunities do you see?

The Alliance's Investment

- Field Staff (CA, AR, AZ, LA, DC, FL, PA, KS)
- 2 National MOUs w/ Dedicated Staff Support
- 2,027 sites; >225,000 youth
- 86% of sites served are low-income
- A Growing Train-the-Trainer Model
- 2 Customer Support Staff

Breaking Barriers

Resources & Tools

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hostblog*



WHAT
I SEE

WHAT
I HEAR

WHAT
I SMELL

WHAT
I TASTE



WHAT
I TOUCH

HOW I
FEEL



**Healthy
Behaviors
INITIATIVE**

Changing Lives, Saving Lives



Developing Exemplary Practices in Healthy Eating, Physical Activity and Food Security in After School Programs



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The Healthy Behaviors Initiative (HBI) supports local and statewide efforts by transforming expanded learning programs into places that embed healthy eating, physical activity and food security in their policies, practices and behaviors--changing the lives of the students, staff and families.



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California's Expanded Learning Programs

- California has over 4,400 publicly funded after school programs serving over 420,000 low-income children and youth (ASES & 21st CCLC)
- Programs operate 5 days/week, 3 hrs./day (not drop-in)—middle and high schools have more flexible hours
- These expanded learning programs serve high-need communities (students, staff, families of both)
- One in four elementary and middle schools with after school programs receive supplemental funding to be used year-round



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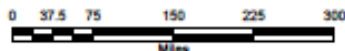
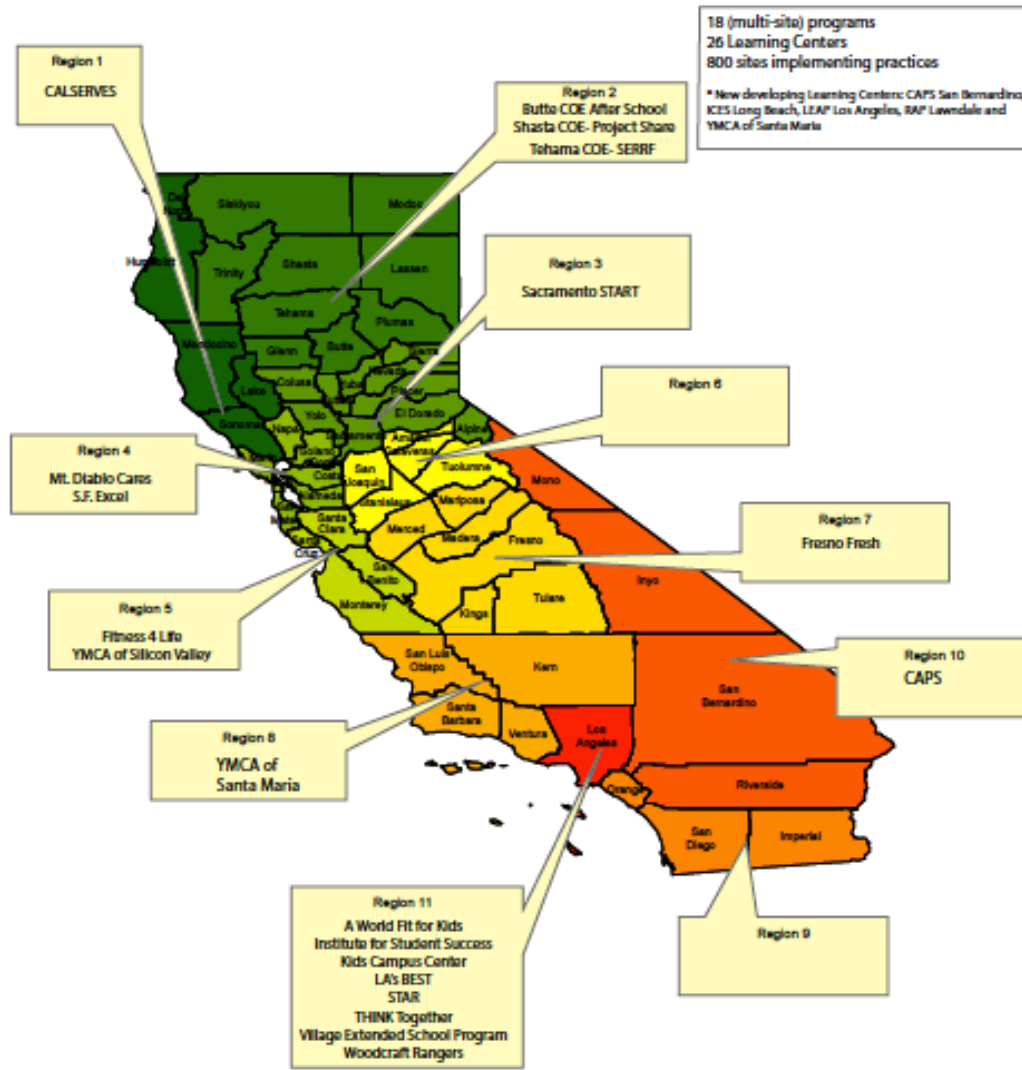


Healthy Behaviors Initiative (HBI)

- 18 multi-site programs throughout the state
- 26 certified Learning Centers
- Practices being implemented at 800 sites

www.HealthyBehaviorsInitiative.org

Healthy Behaviors Initiative Learning Centers



Quality Standards for Expanded Learning in California:

Creating and Implementing a Shared Vision of Quality

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CONNECT. CONVERGE. INSPIRE.



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CDE Quality Standards for Expanded Learning

- **Healthy choices and behaviors**
“The program promotes student well-being through opportunities to learn about and practice balanced nutrition, physical activity and other healthy choices in an environment that supports a healthy life style.”

www.afterschoolnetwork.org/qualitystandards

Healthy choices and behaviors

The program promotes student well-being through opportunities to learn about and practice balanced nutrition, physical activity and other healthy choices in an environment that supports a healthy lifestyle.

Healthy choices and behaviors in action

Programmatic Level

- The program creates and maintains a healthy culture and environment that is positively influenced by a collaborative and coordinated effort of families, school, and community.
- The program identifies healthy practices and develops priorities that will be an integral part of the school wellness plan and implementation.
- The program helps staff promote healthy lifestyles by providing professional development and access to age-appropriate curriculum and resources.
- The program incorporates nutrition and physical activity in all facets of program design and operating procedures (fundraising, meals/snacks, policies, curriculum, incentives, etc.).

Staff Level

- Staff provides daily opportunities for nutrition and physical activity that support program goals.
- Staff understand how knowledge, skills, and behaviors around health contribute to academic performance and a positive socio-emotional lifestyle.
- Staff models and delivers developmentally appropriate, research-based nutrition and physical activity programs.

Participant Level

- Participants have a voice and choice in creating and maintaining a healthy culture and environment within their program.
- Participants apply their knowledge and experience around nutrition, healthy lifestyles, and physical activity to influence their families, peers, program and community.





Practice #1: Approach Your Work with Vision, Purpose and Intentionality

Step-by-step to success...

- 1 Create a powerful, compelling vision
- 2 Set clear, achievable goals
- 3 Develop action plans to achieve your goals
- 4 Invest in the development of your staff
- 5 Embed physical activity, nutrition & food security in your program activities and approaches
- 6 Establish strong connections in your community
- 7 Measure and manage outcomes

"Our vision has always been of children being fit, healthy and ready to learn. It wasn't enough to hope this would happen. We've had to work hard to become more intentional in everything we do. It has made a huge difference!

-Normandie Nigh, Executive Director, A World Fit for Kids!

INDICATORS FOR PRACTICE #1:

INDICATORS	
<i>Program/Site Vision and Goals</i>	
1	We have a powerful vision of students and their families adopting healthy lifestyles and maintaining them over the course of their lifetimes.
2	Our vision brings people with different interests, perspectives and experiences together in a common purpose.
3	Our staff understands our vision and how to move toward achieving it in their everyday work with students.
4	Our goals in the area of nutrition are clear, easily understood and achievable.
5	Our goals in the area of physical activity are clear, easily understood and achievable.
<i>Staff Development</i>	
6	We provide research-based training in nutrition and physical activity to our staff.
7	We provide ongoing coaching and mentoring to ensure the effective translation of training into daily practices and approaches.
<i>Staff Knowledge, Attitudes and Skills</i>	
8	The positive attitudes and behavior of our staff are evident in their healthy eating habits and regular physical activity.
<i>Staff Knowledge, Attitudes and Skills continued</i>	
9	Our staff uses research-based resources, materials and curricula that build students' skills.
10	Our staff uses approaches that are interesting and engaging to students.
11	Our staff is clear about the connections between nutrition and health, and physical, mental and emotional well-being, and academic achievement.
12	Our staff regularly offers suggestions and provides feedback to strengthen the activities we provide in nutrition education and physical activity.
13	Our staff is working on improving their own nutrition and physical activity.
<i>School and Community Relationships</i>	
14	We have established positive working relationships with the school district(s) and schools, and they share our vision.
15	A variety of community partners share our vision and help us develop and strengthen the quality of our program and the nutrition and physical activities students are engaged in.
<i>Evaluation and Assessments</i>	
16	We have a system in place that makes it possible for us to track our progress toward the achievement of our goals.
17	We engage students in tracking their progress toward the achievement of their goals in the areas of nutrition and physical activity.
18	We identify, celebrate and publicize our successes.



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Step-By-Step Guide

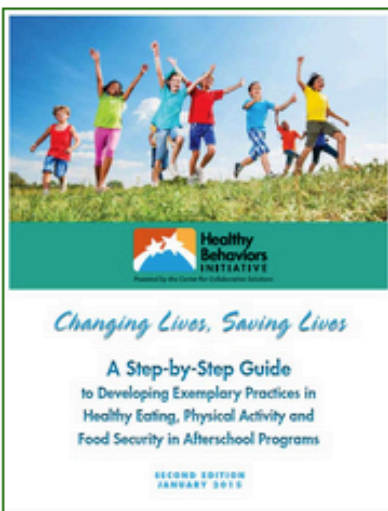
Changing Lives, Saving Lives, A Step-by-Step Guide to Developing Exemplary Practices in Healthy

Eating, Physical Activity and Food Security in

Afterschool Programs is designed to help program directors, leadership team members, site directors and your partners—in an intentional and systematic way—strengthen your afterschool program to help students develop healthy lifestyle habits. The six practices have been vetted with expert stakeholders and afterschool practitioners,

and implemented at an exemplary level by twenty-one afterschool programs across the state.

Each chapter defines and explains a particular practice and offers concrete examples of how the Healthy Behaviors afterschool programs we've worked with have developed and strengthened their approaches, overcome obstacles and achieved their goals. Indicators at the end of each chapter will help you establish baselines and identify what you want to address. Programs are encouraged to focus on one or two high priority areas at a time and then assess progress at three- and six-month intervals.



[Complete Guide \(3 MB PDF\)](#)

[Practice 1 Overview & Indicators:](#) Approach Your Work with Vision, Purpose and Intentionality

[Practice 2 Overview & Indicators:](#) Integrate Nutrition and Physical Activity Approaches with Youth Development Principles

[Practice 3 Overview & Indicators:](#) Offer Exciting, Engaging and Meaningful Learning Experiences and Environments

Blank Indicator Forms

Use these forms to rate your program's level of performance in each of the 6 Practices. The forms are designed to be revisited several times so that you can clearly see the progress your program is making. Fill in the date of your review in the "Date Completed" box near the top of the page, then use the corresponding letter (A - F) to mark the box (1 - 5) that best matches your performance for each indicator.

[Practice #1 Indicators](#)

[Practice #2 Indicators](#)

[Practice #3 Indicators](#)

[Practice #4 Indicators](#)

[Practice #5 Indicators](#)

[Practice #6 Indicators](#)

[Practice #1 - 6 Indicators](#)



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California's Healthy Behaviors Initiative

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Resources

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Saving Lives**

A **Step-by-Step Guide** to

Developing Exemplary
Practices in Healthy Eating,
Physical Activities and Food
Security in Afterschool Programs.



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A Step-by-Step Guide
to Developing Exemplary Practices in
Healthy Eating, Physical Activity and
Food Security in Afterschool Programs

SECOND EDITION
JANUARY 2015

Afterschool Guide to the SNAP-Ed Program

July 2014



In consultation with our Healthy Behaviors Stakeholder Advisory Group, the CA Department of Public Health and our current HBI programs, CCS had developed a guide for working with your Local Health Department. The Afterschool Guide to the SNAP-Ed Program is intended to let you know what your local health department can do for you, provide you with

Reflection

- What did you learn?
- What did you unlearn?
- What surprised you?
- What are you willing to take back and implement?