

A photograph of two young girls on stand-up paddleboards (SUPs) on a calm lake. The girl in the foreground is on a yellow SUP, wearing a purple life vest and a dark swimsuit. The girl in the background is on a red SUP, wearing a yellow life vest and a dark swimsuit. The background features a rocky cliff with some greenery. The text is overlaid in bright yellow.

**PARKS AND REC: MORE
THAN A GAME OF
DODGEBALL!
CREATING HEALTHY OST**

**Best Out of School Time Conference
April 28, 2016
Palm Springs, CA**



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One Cool Thing



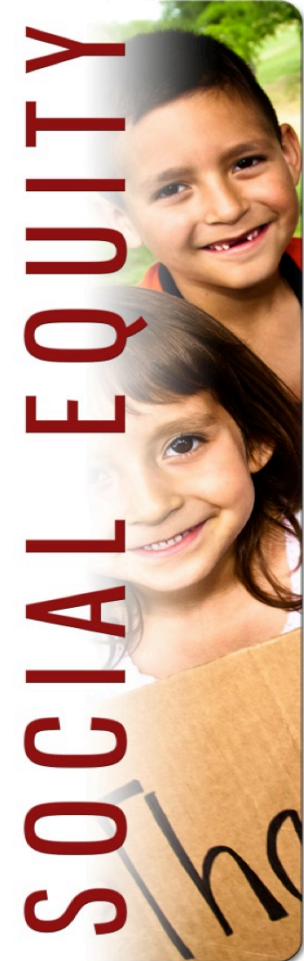
NRPA

The national non-profit representing local parks and recreation.

Mission – To advance parks, recreation and environmental conservation efforts that enhance the quality of life for all people.

50,000+ members within state, regional and local parks in nearly every community, representing more than 105,000 parks.

Impacting Communities

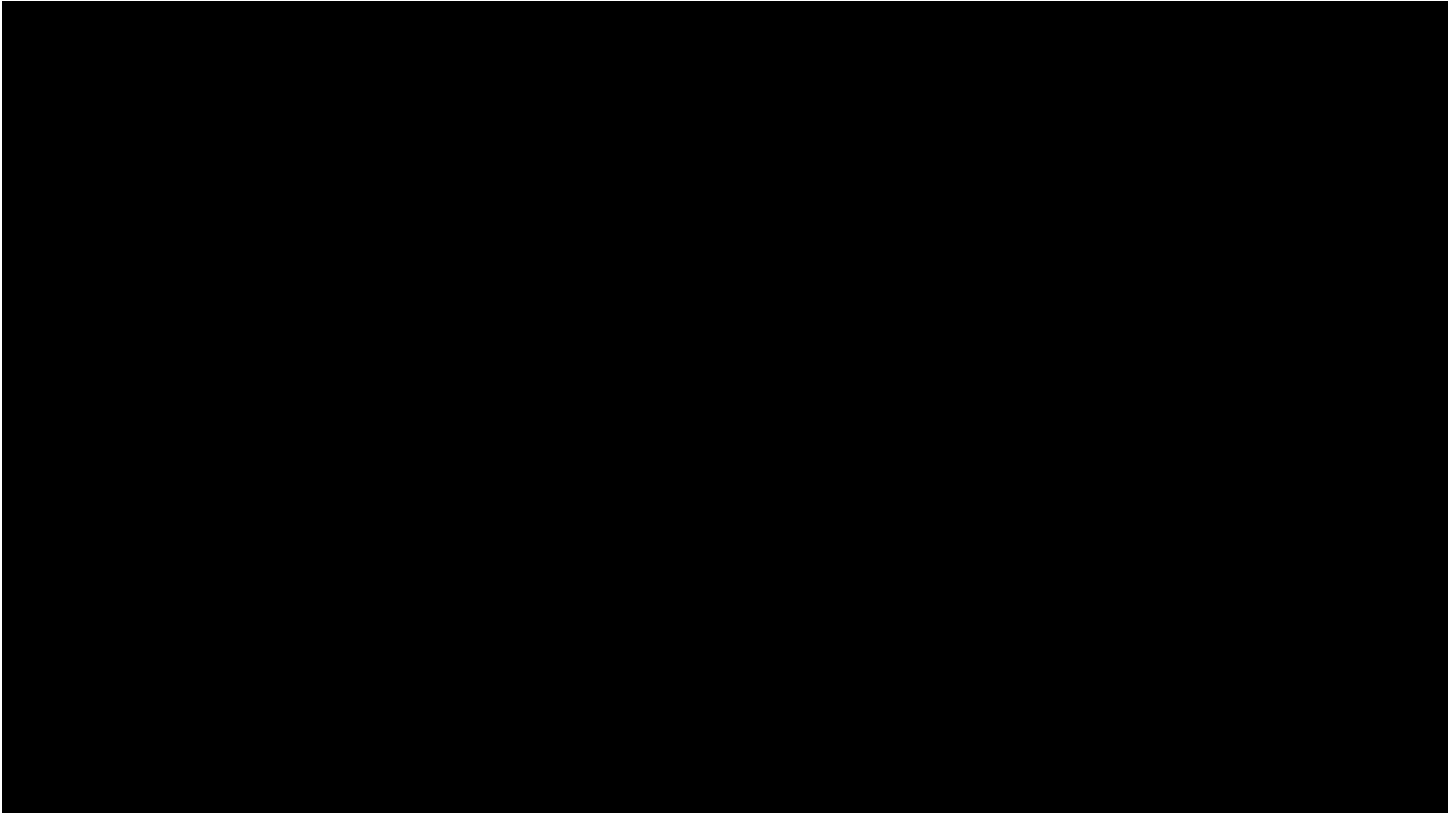


50,000 MEMBERS



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THINK ABOUT IT...



THE ISSUES

- Childhood Obesity
- Chronic Disease
- Health Disparities
- Sugar
- Physical Inactivity
- Screens
- Built Environment & Access



EFFECTS OF CHILDHOOD OBESITY

- 
- A young boy is shown from the chest up, wearing a light-colored shirt, holding a sandwich with both hands and taking a bite. The background is a soft, out-of-focus white.
- ✓ **Diabetes on the Rise:** Experts project that one in three children born in 2000 will develop type 2 diabetes.
 - ✓ **Economic Impact:** Obesity costs the US as much as \$150 billion per year in direct costs and lost productivity.
 - ✓ **Weakened Defense:** Department of Defense data shows 27 percent of all young Americans 17 to 24 years of age are unable to join the military.

PARKS & REC= A SOLUTION!



WHO'S AWESOME?

You're Awesome!



**KEEP
CALM**

AND

VISIT

**YOUR NEAREST
PARKS & REC**



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AGREE OR DISAGREE?



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COMMIT TO HEALTH

Commit to Health is a campaign that supports the implementation and evaluation of the **Healthy Eating, Physical Activity Standards** in park and recreation sites across the country.



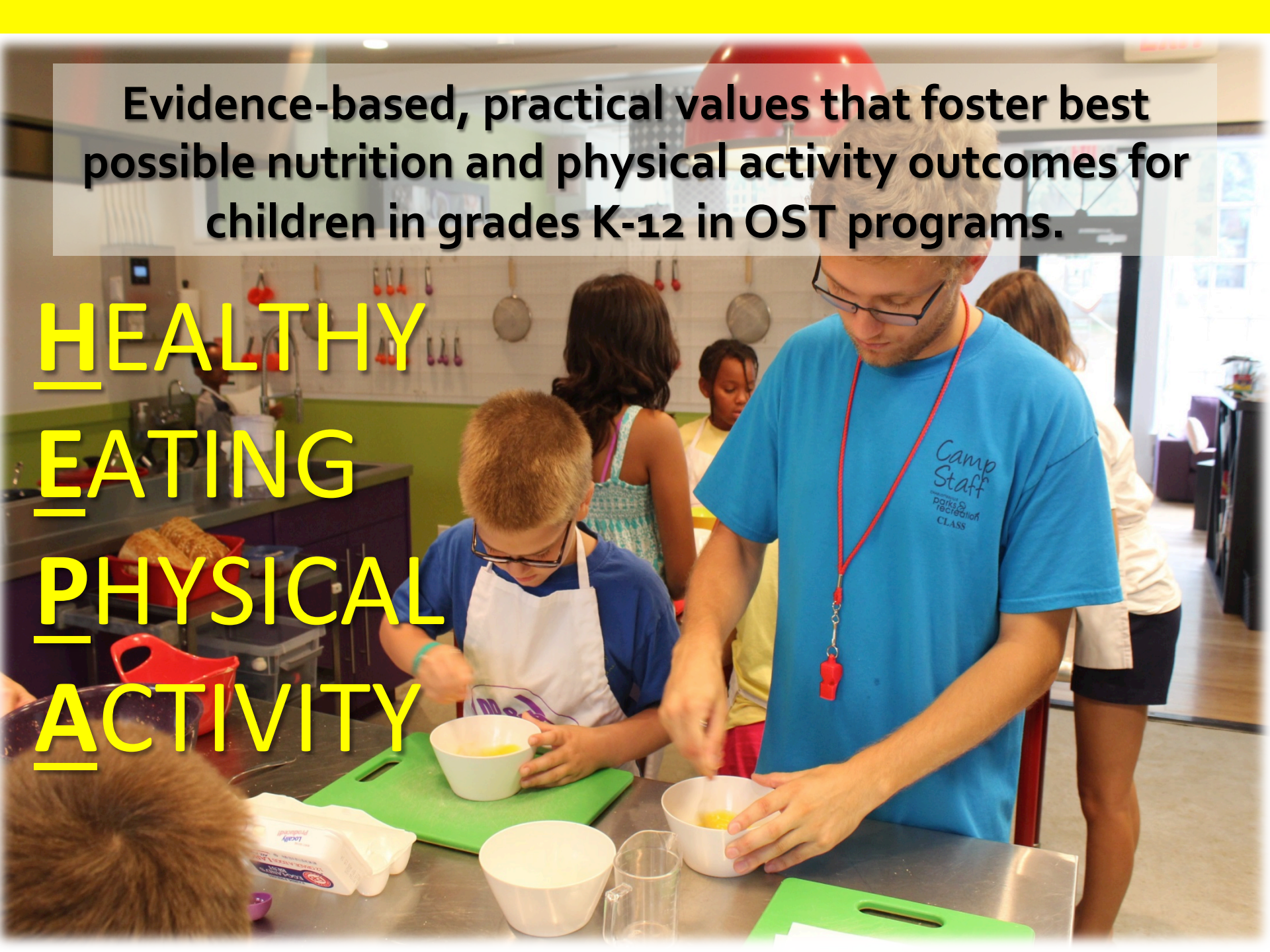
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Evidence-based, practical values that foster best possible nutrition and physical activity outcomes for children in grades K-12 in OST programs.

H E A L T H Y
E A T I N G
P H Y S I C A L
A C T I V I T Y



IMPLEMENTATION



YEAR 1

**COMMIT
TO HEALTH**

Year One of Commit to Health

486

park and recreation sites have pledged to implement the HEPA standards.

51,382

children now have improved access to healthy foods and increased opportunities for physical activity.

Playing Sports

Kids' favorite physical activity.



Healthy Cooking Classes

Kids' favorite nutrition education activity.



THANKS TO OUR PARTNERS:



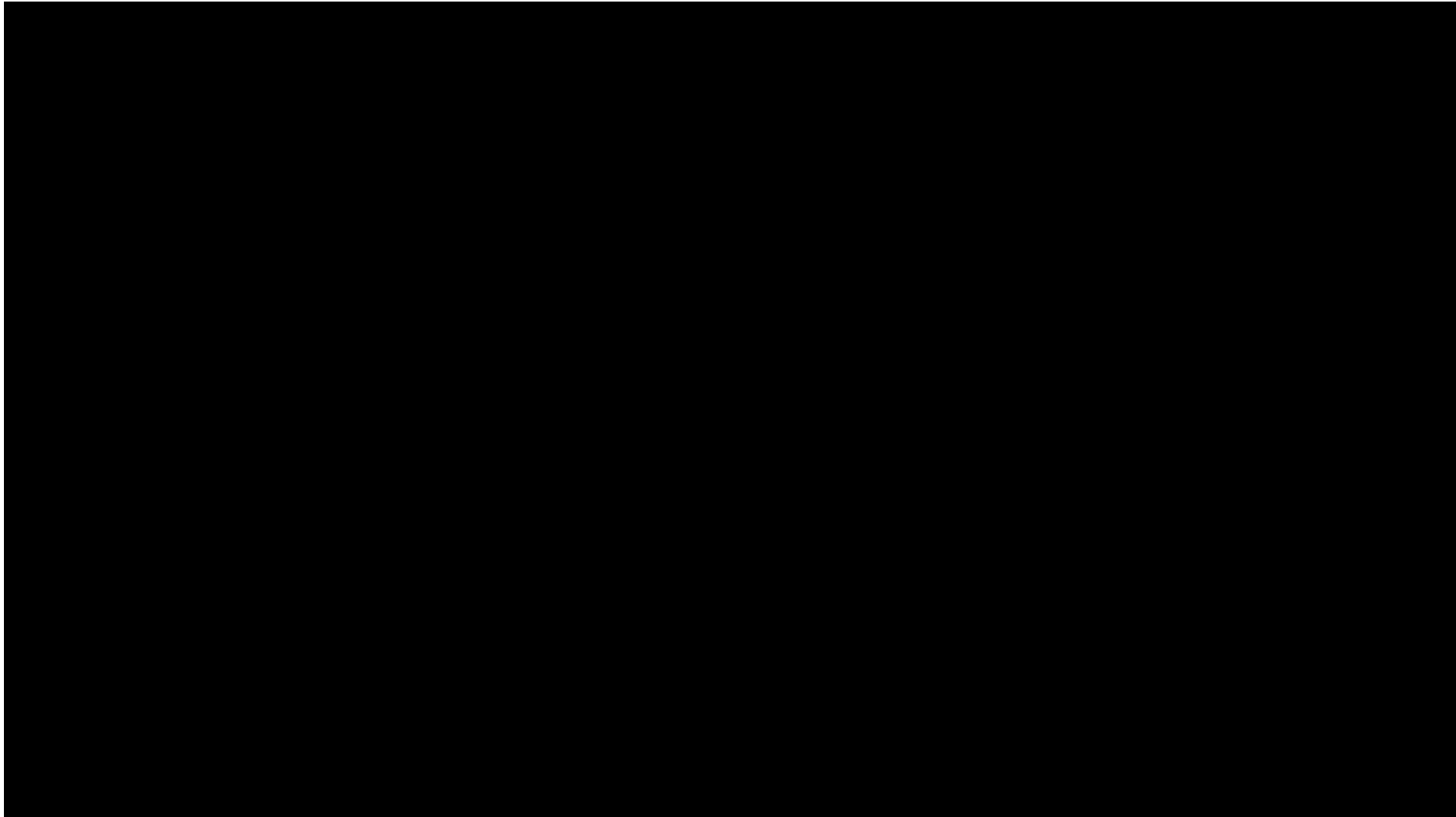
www.nrpa.org/CommitToHealth



PROGRAM EVALUATION RESULTS

Improvement	Children	Parents	Staff
Increased knowledge of Nutritious Foods	✓	✓	✓
Increased knowledge of Organs of the Body	✓		✓
Increased knowledge of How to Become Healthier Overall	✓	✓	✓
Positively Changed Eating Behaviors	✓	✓	✓
Positively Changed Physical Activity Behaviors	✓	✓	✓

MAKING HEALTH A PRIORITY



YEAR 2

Year Two of Commit to Health

929

park and recreation sites have pledged to implement the HEPA standards.



Playing Sports

Kids' favorite physical activity.

108,781

children now have improved access to healthy foods and increased opportunities for physical activity.

Healthy Cooking Classes

Kids' favorite nutrition education activity.



RESOURCE DEVELOPMENT

COMMIT TO HEALTH

Healthy Eating Standards

- Serve a fruit or vegetable at every snack and meal.
- Serve only foods with no artificial trans fats.
- Serve only whole grain-rich products.
- Serve only non-fat or reduced fat yogurt and cheese.
- Serve only lean meat, skinless poultry, seafood, beans/legumes or eggs.
- Serve only packaged snacks or frozen desserts that meet the USDA Smart Snacks in School nutrition standards.
- Provide plain potable water at all times at no cost to youth and staff.
- Serve only plain low-fat milk, plain or flavored nonfat milk or milk alternative limited to 8 fluid ounces per day for elementary school students and 12 fluid ounces per day for middle and high school students.
- Serve only 100% fruit or vegetable juice with no added sweeteners or 100% juice diluted with water with no added sweeteners.
- Serve no soda, sports drinks or juice drinks to elementary school or middle school students.
- Serve no full-calorie soda or full-calorie sports drinks, but may serve diet soda, low-calorie sports drinks or other low-calorie beverages to high school students.
- Serve only non-caffeinated beverages.



Physical Activity Standards

- Dedicate at least 20% or at least 30 minutes of morning or afterschool program time to physical activity and at least 60 minutes for a full day program.
- Provide physical activities in which youth are moderately to vigorously active for at least 50% of the physical activity time.
- Ensure physical activity takes place outdoors whenever possible.
- Do not permit access to television or movies.
- Limit digital device time to less than one hour per day and digital device use is limited to homework or activities that engage youth in moderate to vigorous intensity physical activity.



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www.nrpa.org/CommitToHealth

COMMIT TO HEALTH

RESOURCES FOR THE HOME

NRPA's Commit to Health initiative supports the implementation of healthy eating and physical activity standards in park and recreation sites across the nation. Now you can help reinforce the healthy habits that your child is learning in their out-of-school time program in your home!

APRIL

Tax time reminds us to pay attention to our bills, including the cost of food we provide for our families. Take steps to make grocery shopping easier this April! Learn how to create shopping lists with healthy and nutritious foods while on a budget!

- Shopping for nutritious foods for yourself and your family can be done on a budget. Check out some [tips](#) for how to get it done!
- Eat healthier and spend less? How? Here is a great set of examples of less healthy foods compared to healthier foods, and price comparisons to help you think differently about items you buy!
- Physical Activity Tip: April showers may make us inclined to stay indoors, but that doesn't mean we cannot get some exercise! Head to the mall and take a few laps inside - or find a local yoga class, or try beginner's yoga at home with this great 20-minute [workout](#).
- Learn about a fruit and vegetable each month! Try new healthy recipes and cooking techniques [here!](#) ([Spanish](#))
- Help reinforce healthy eating with fun activity sheets ([fresh beans](#) and [nuts](#)) and coloring sheets ([fresh beans](#) and [nuts](#)) for your family!
- Think about what goes on your plate! Use [MyPlate](#) to create a well-balanced, nutritious meal each day.
- * For Spanish information about MyPlate, please [click here!](#)



ALWAYS USE A
HEALTHIER
GENERATION

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www.nrpa.org/CommitToHealth

PRACTICE TO POLICY

The background image shows an outdoor school garden. In the foreground, several people, including children and adults, are sitting at a red metal picnic table. They appear to be engaged in an activity, possibly a meal or a discussion. The garden is filled with various plants, including tall sunflowers and other greenery. In the background, there is a black metal fence and some buildings, including one with "America" signs. The overall scene is bright and sunny, suggesting a pleasant outdoor environment.

✓ **Healthy Eating:** "All events and celebrations that serve or sell foods and beverages will meet the USDA Smart Snacks in School nutrition standards."

✓ **Physical Activity:** "The Organization will dedicate at least 20% or at least 30 minutes of morning or afterschool program time to physical activity."

✓ **Employee Wellness:** "Staff will model healthy physical activity behaviors by participating in physical activities and games alongside youth."

WHAT'S NEXT?

- ✓ Foods of the Month & Nutrition Ed.
- ✓ Family Engagement
- ✓ mHealth Campaign
- ✓ Verification Process



CONNECTING KIDS & NATURE

Kids spend less time outdoors than in previous generations

Average of 7 hours
per day on
electronic media

Safety
fears

Academic
pressure
(homework!)

Other
activities

Spending time outdoors is good for kids

Healthier

Less
stressed

Smarter

Better
focus

Happier

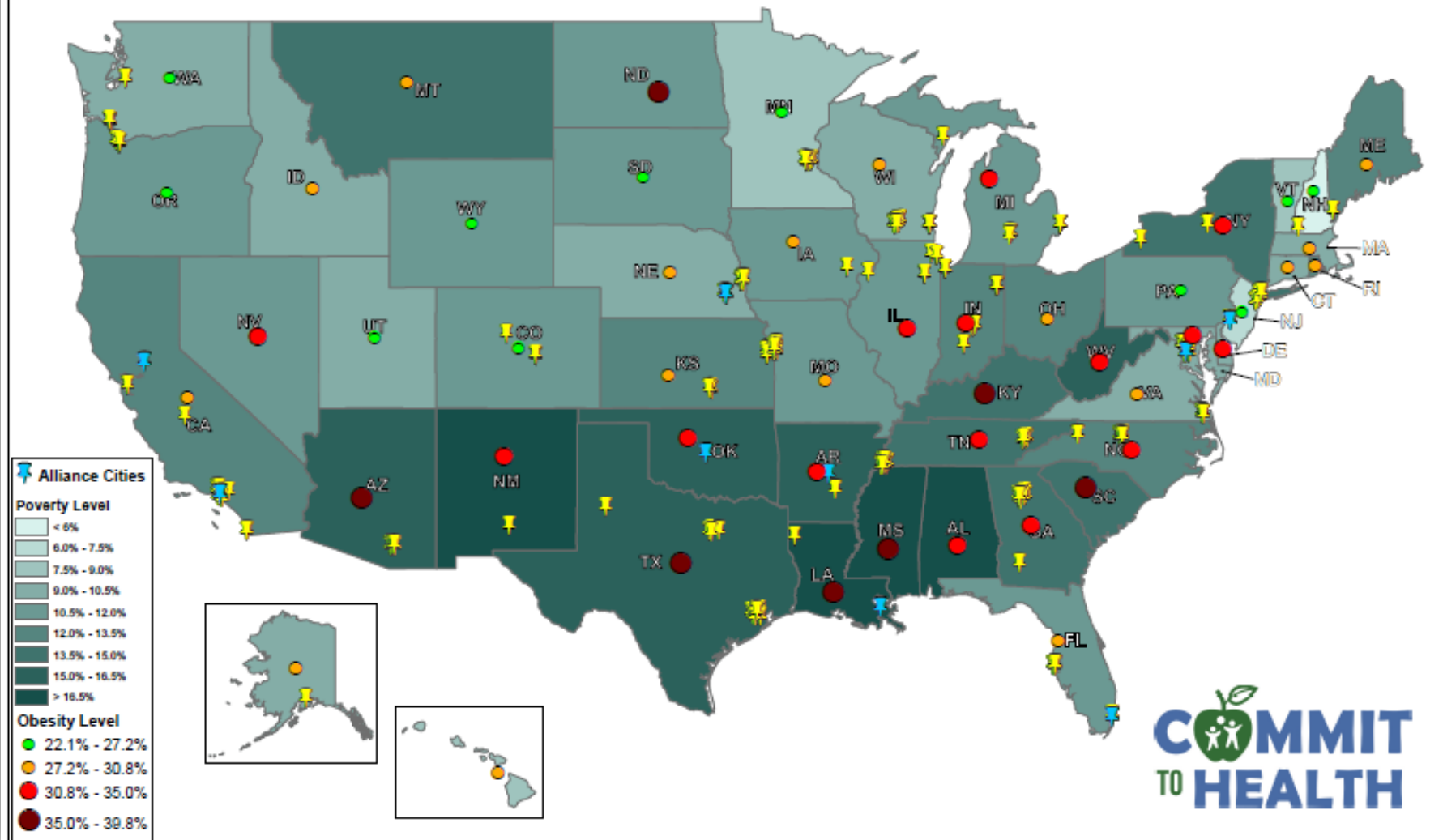
More
resilient

It's also good for nature

People who enjoy spending time in
nature care for it and protect it

Global environmental challenges must
be solved by the next generation

TARGET STATES



BREAKOUT ACTIVITY: OVERCOMING CHALLENGES



Questions?



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