

Healthy Eating and Physical Activity

IN AFTERSCHOOL PROGRAMS

Summit 2013

November 15th, 2013

P2YP POLICY TO PRACTICE IN YOUTH PROGRAMS

HEPA Summit Agenda

- **Welcome**
 - Ice Breaker, and Brunch
- **Overview of HEPA in ASPs**
 - How Far You've Come!
- **Breakout Sessions - Success and Challenges**
 - Healthy Eating
 - Physical Activity
- **HEPA Vision**
 - 2014 and Beyond – Goals

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**Bring Providers
Together to Create the
Healthiest Environment
Children Experience
Each Day**

Share Ideas, Eat Good Food, Fellowship, and have Fun!

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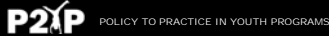


Thank You
to People that Made this Happen!

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Thank You to People that Made this Happen!

- **Wendy Broderick & Todd Heinecke**
 - YMCA of Columbia
- **Zelda Waymer**
 - South Carolina Afterschool Association
- **Lou Sherman**
 - Piggly Wiggly
- **Bill Scales**
 - Bi Lo



Recap Our Partnership

- **3 Year Partnership**
 - Grant from the National Institutes of Health
- **South Carolina Afterschool Alliance**
 - **Zelda Waymer**
Executive Director
- **Arnold School of Public Health**
 - **Dr. Michael W. Beets**
Director P2YP
- **Twenty Afterschool Programs**
 - Midlands area of SC



National Afterschool Association Healthy Eating and Physical Activity Standards



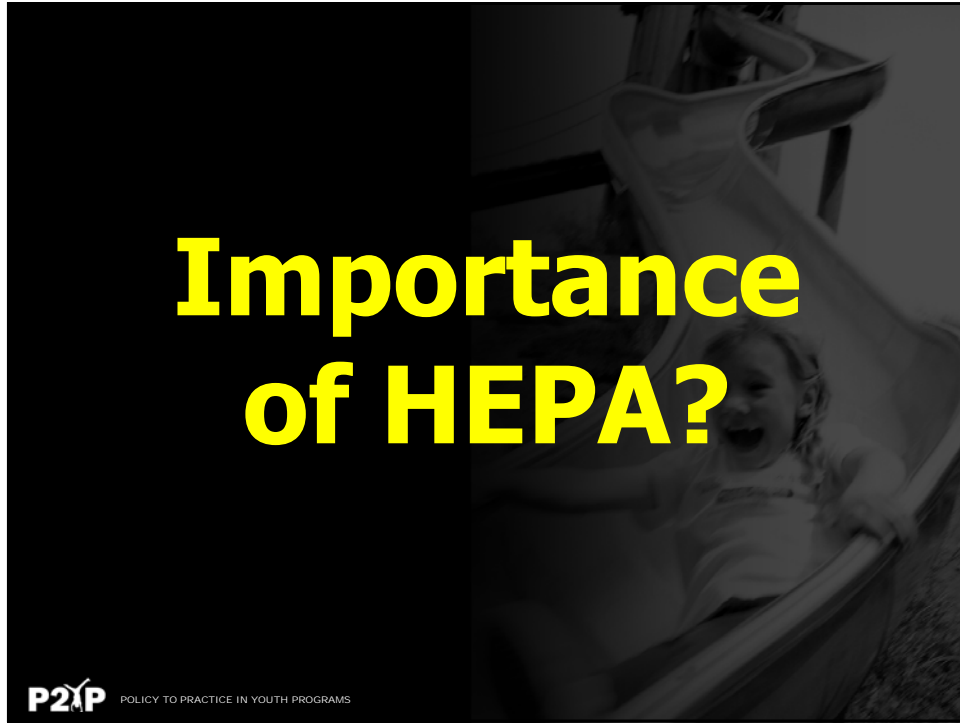
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National Afterschool Association Healthy Eating and Physical Activity Standards*

- **Healthy Eating**
 - Serve **fruit or vegetable daily**
 - Serve **water** as the primary beverage
 - **Eliminate** sugar-based drinks and foods
 - **Eliminate** artificially flavored foods
 - **Role model** Healthy Eating
 - **Healthy Eating education**
- **Physical Activity**
 - Every child accumulates **30 min of MVPA daily** (more than walking)
 - Create physical activity "friendly" environment
 - **Role Model** Activity

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NATIONAL
AfterSchool
ASSOCIATION



ISSUE REPORT

F as in Fat: 2013

How Obesity Threatens America's Future

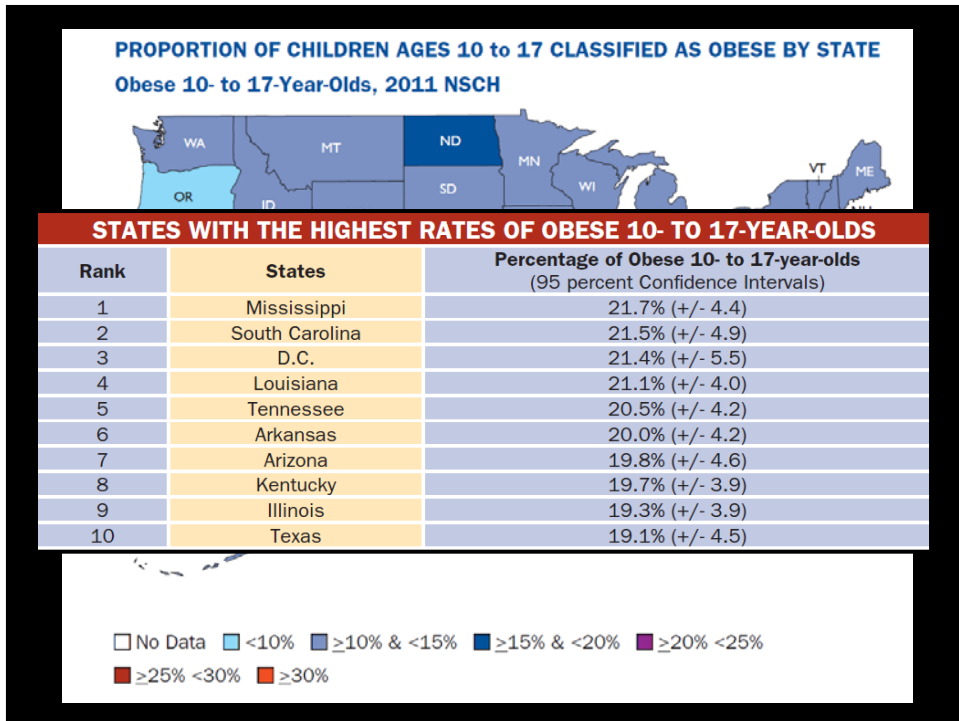
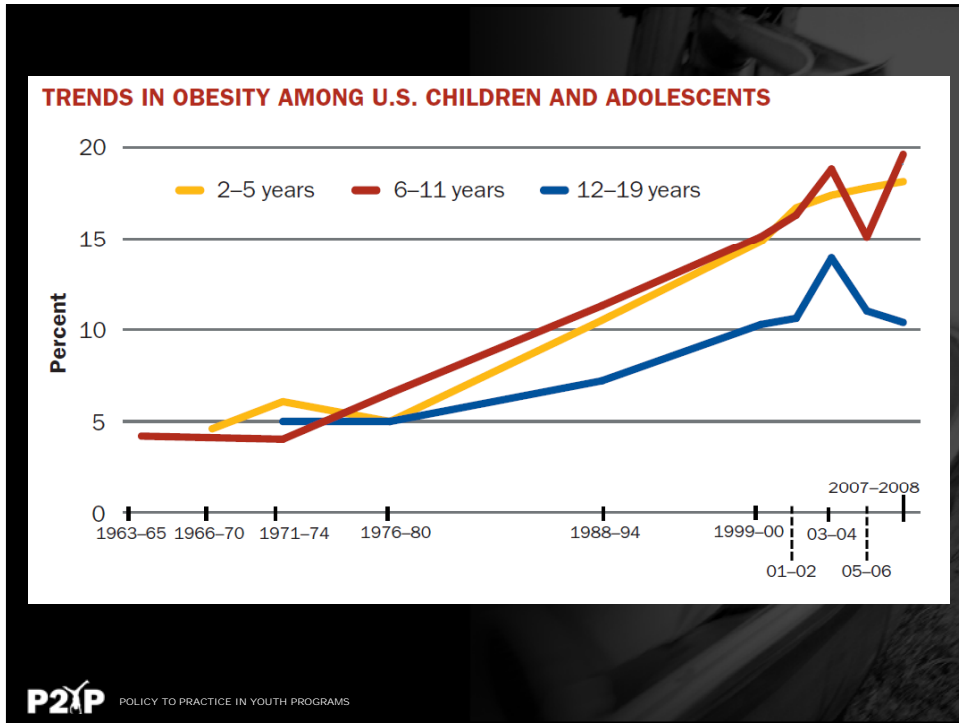
ITEMS	CALORIES	PRICE
Whopper	280	.89
Cheeseburger	330	.99
Walk Sandwich	470	1.99
Hot Chicken	550	2.79
Quarter Pound Burger	430	2.29
Bacon Cheeseburger	540	2.29
Double Decker Burger	590	2.39
Crab Chicken	460	2.39

AT RISK 2013

Trust for America's Health
www.trustforamericash.com

Robert Wood Johnson Foundation

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Why is HEPA in ASPs Important? Healthy Eating

Why is HEPA in ASPs Important? Healthy Eating

- **Top 3 sources of children's total daily food intake**



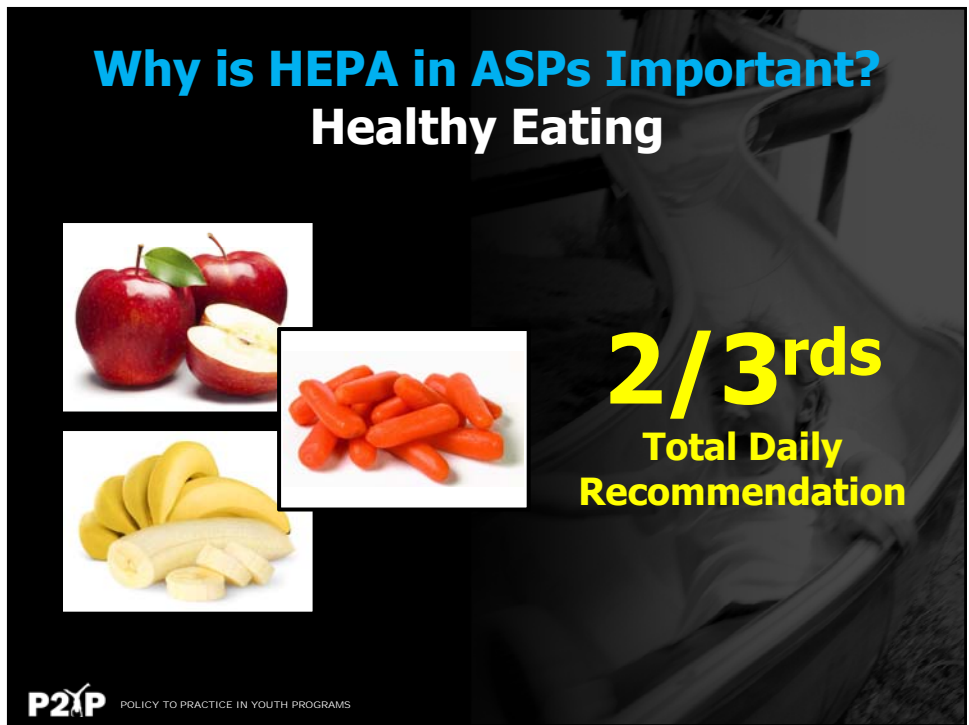
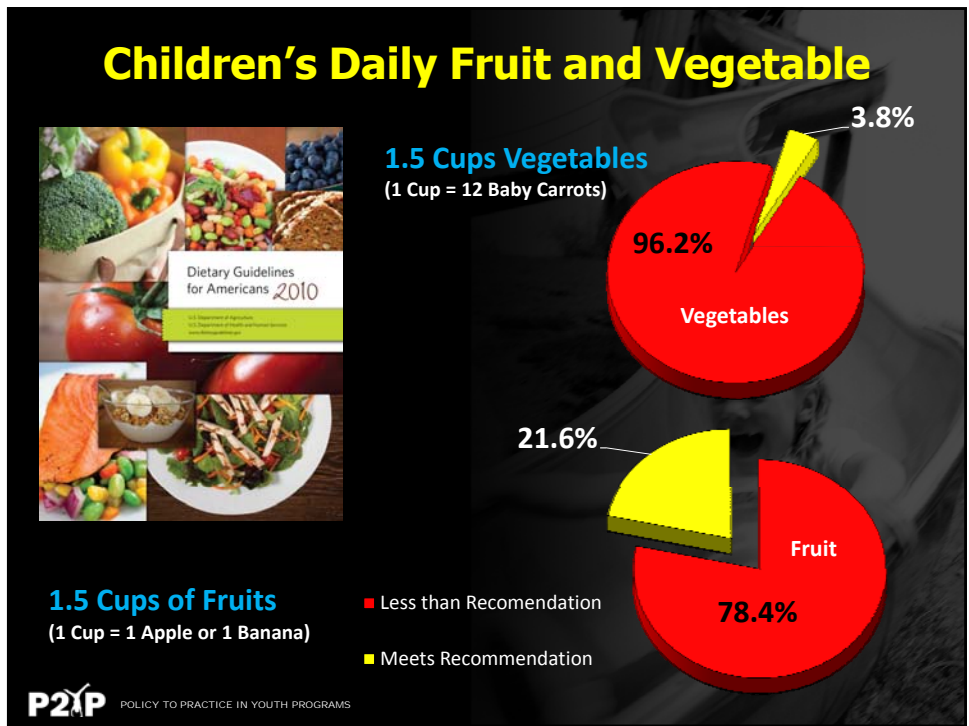
Grain Desserts
Cakes, Cookies, Donuts,
Pies, Granola Bars



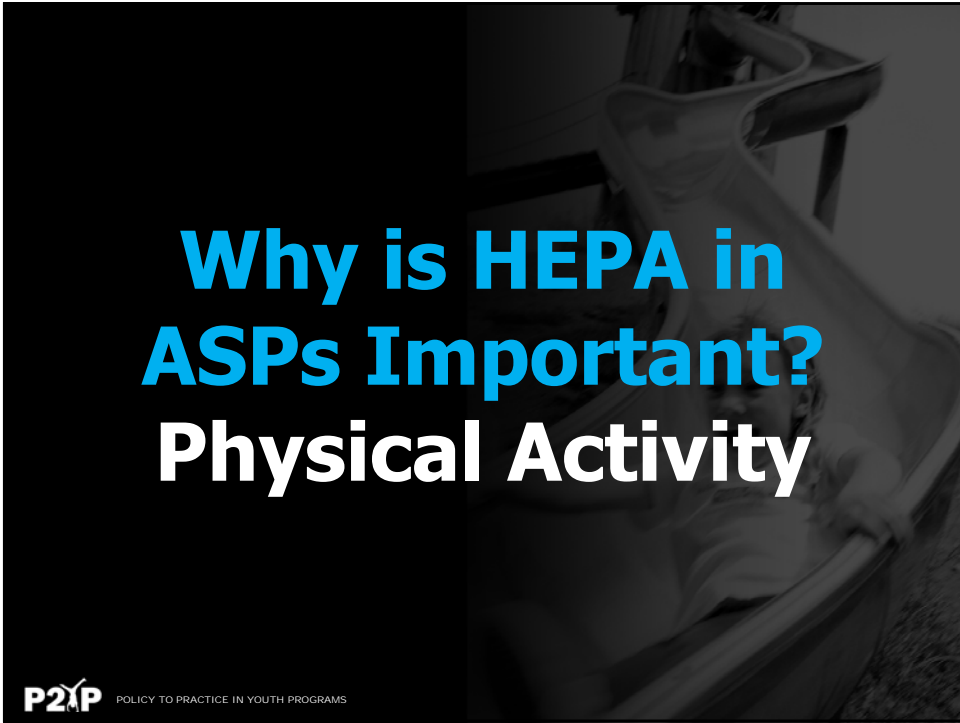
Pizza



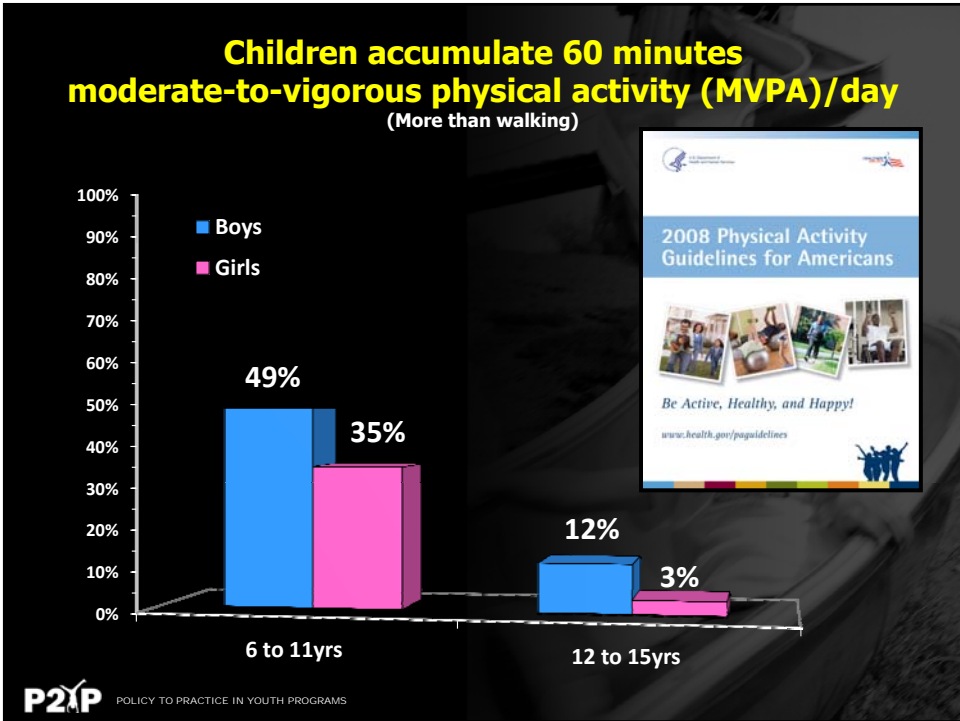
Sugar-Sweetened Beverages
Pop, Soda, Powdered Drink Mixes,
Sport Drinks, Energy Drinks

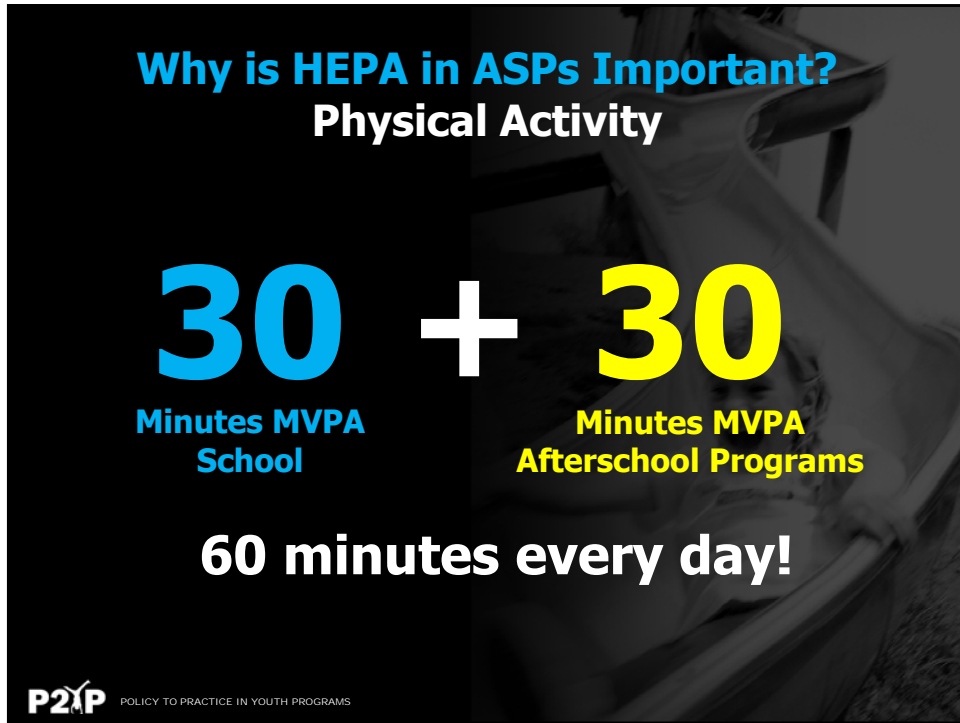


Why is HEPA in ASPs Important? Physical Activity



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Why is HEPA in ASPs Important?
Physical Activity

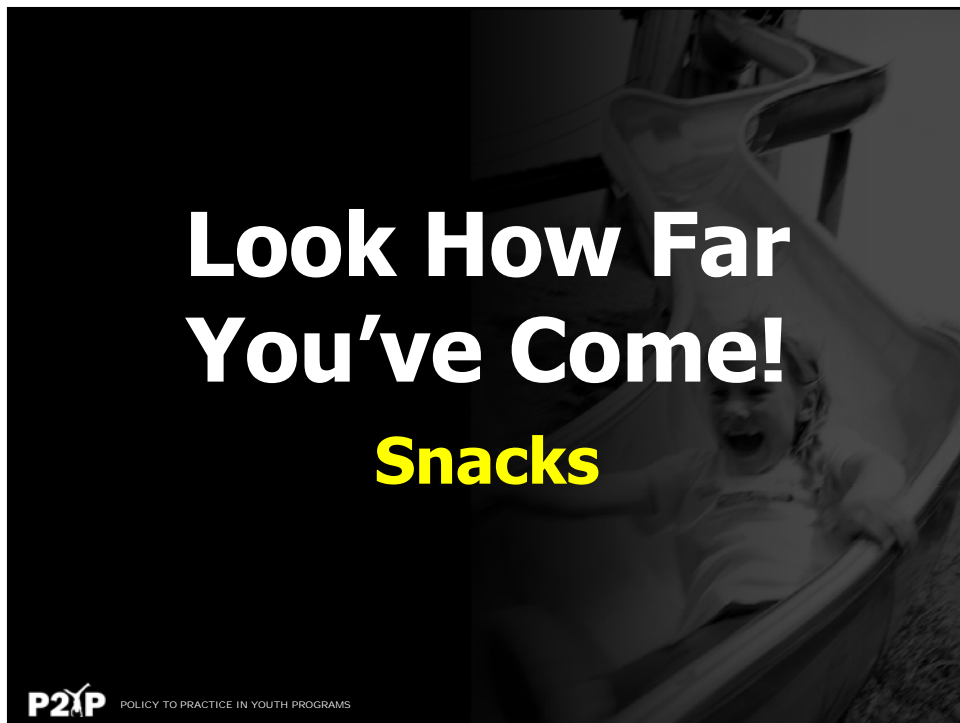
30 + **30**

Minutes MVPA
School

Minutes MVPA
Afterschool Programs

60 minutes every day!

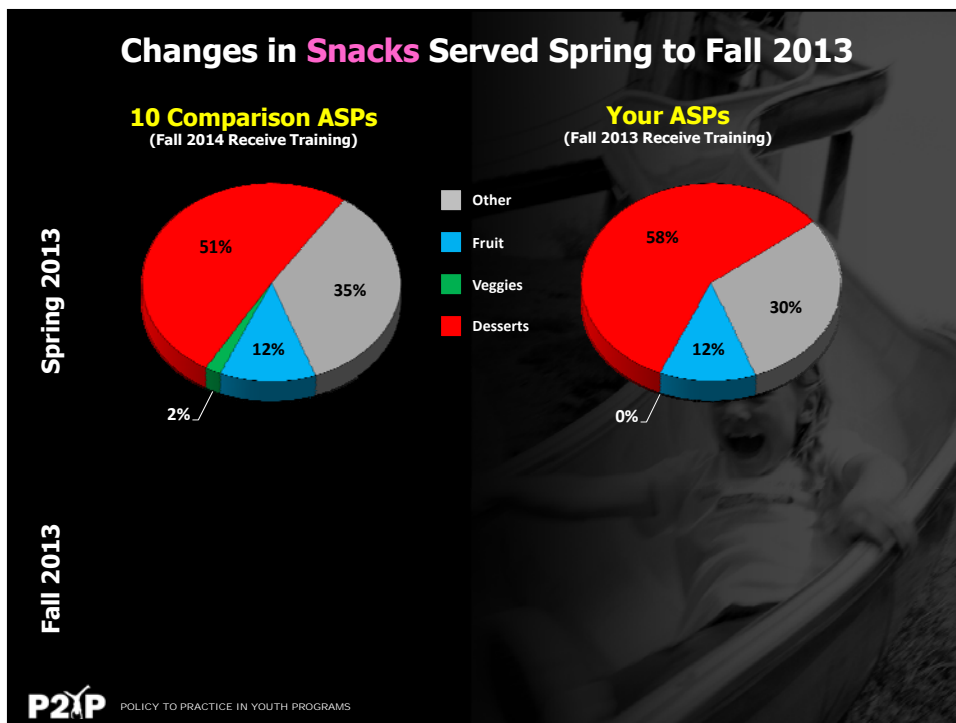
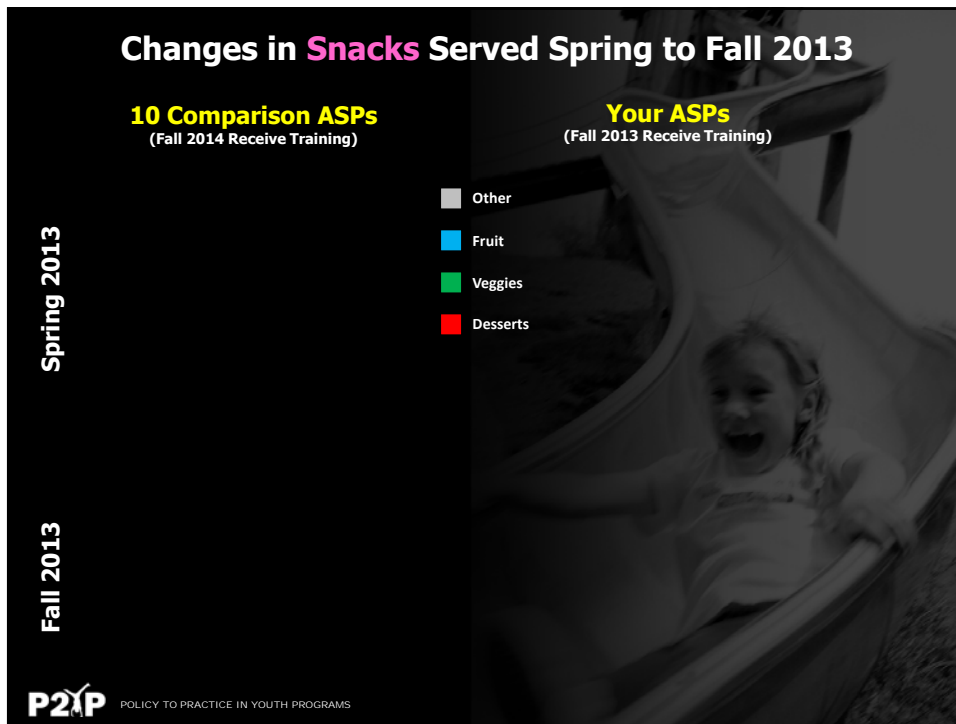
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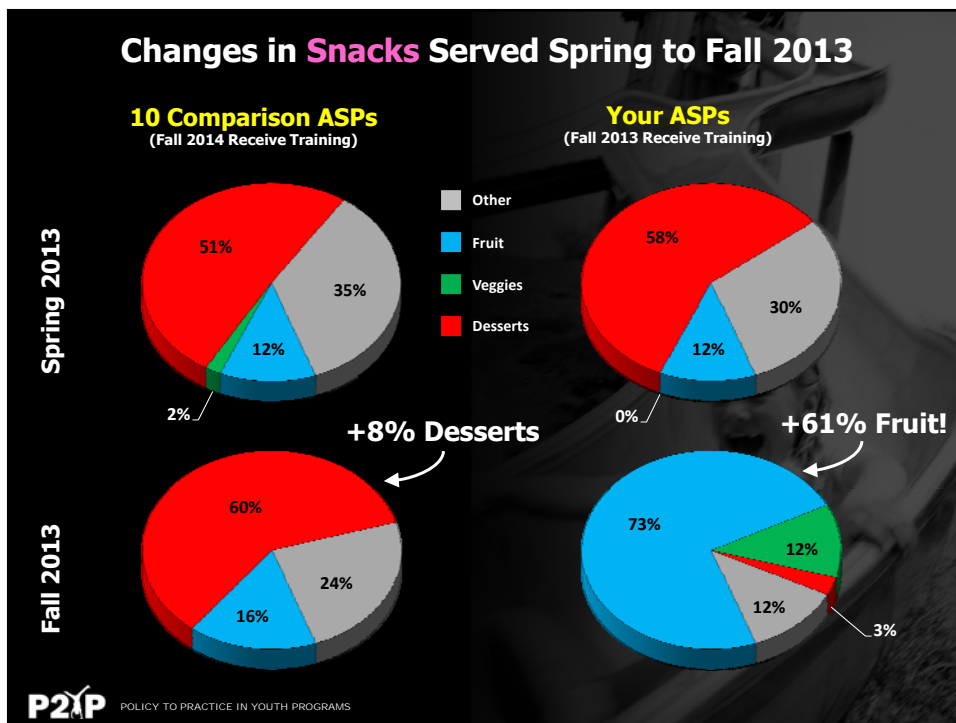
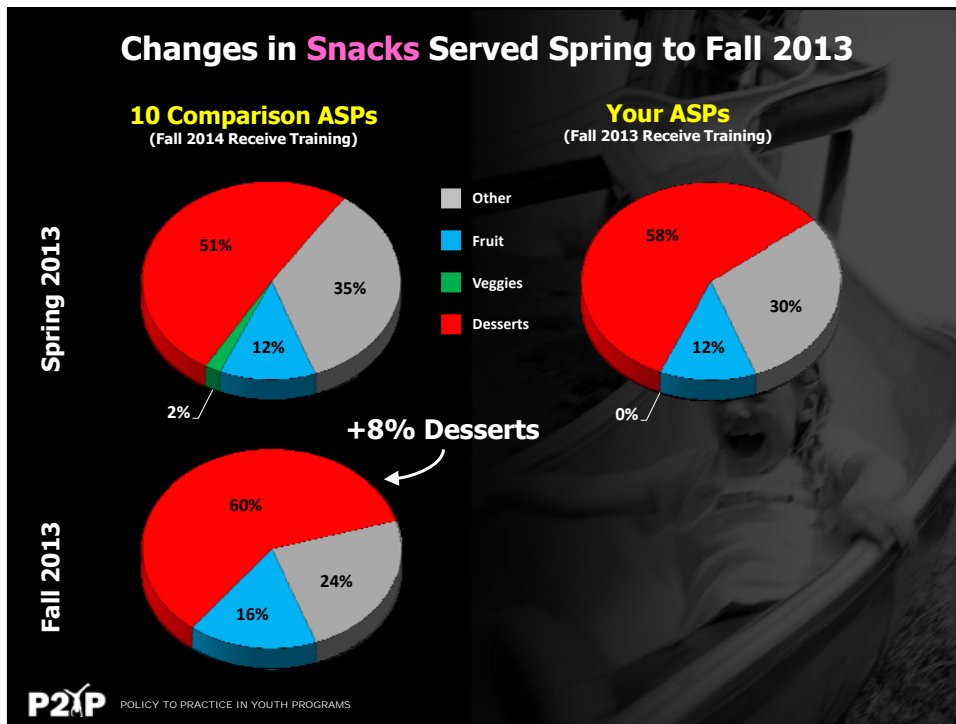


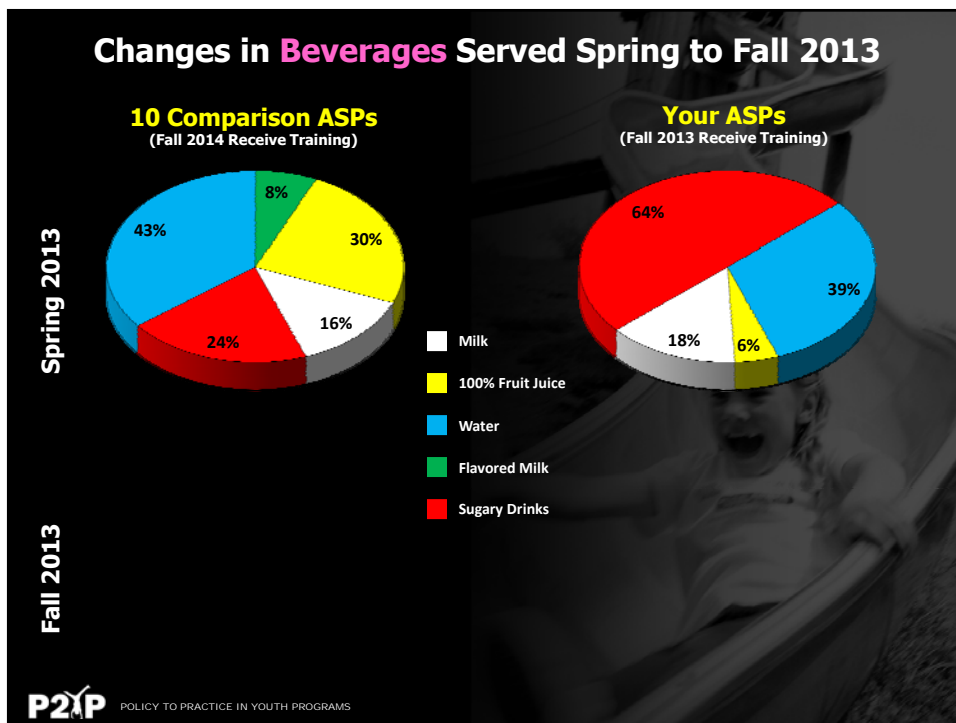
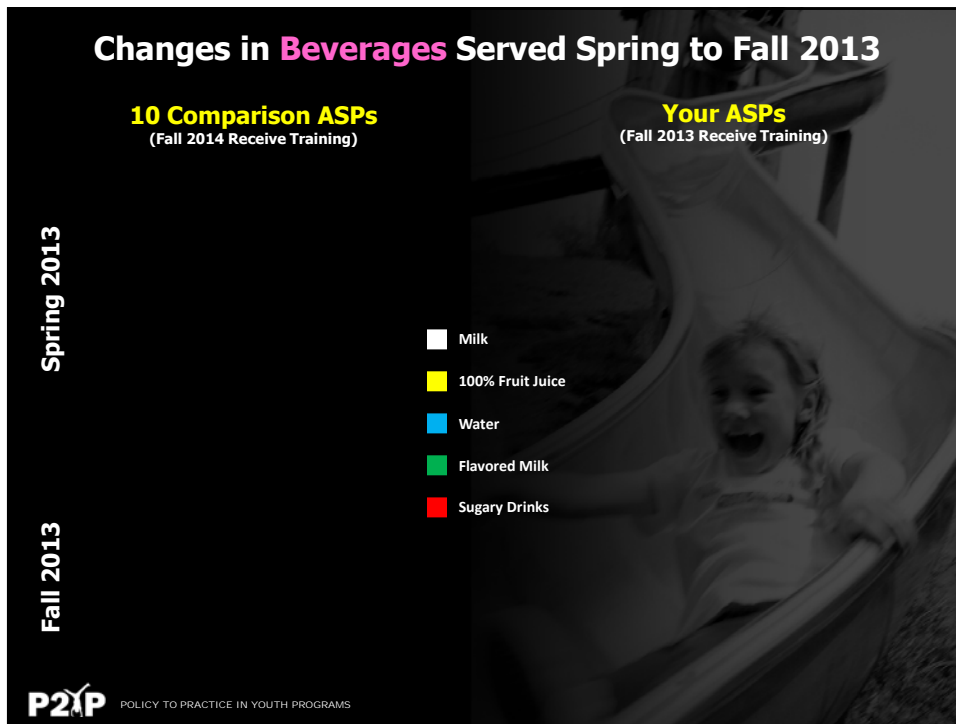
Look How Far
You've Come!

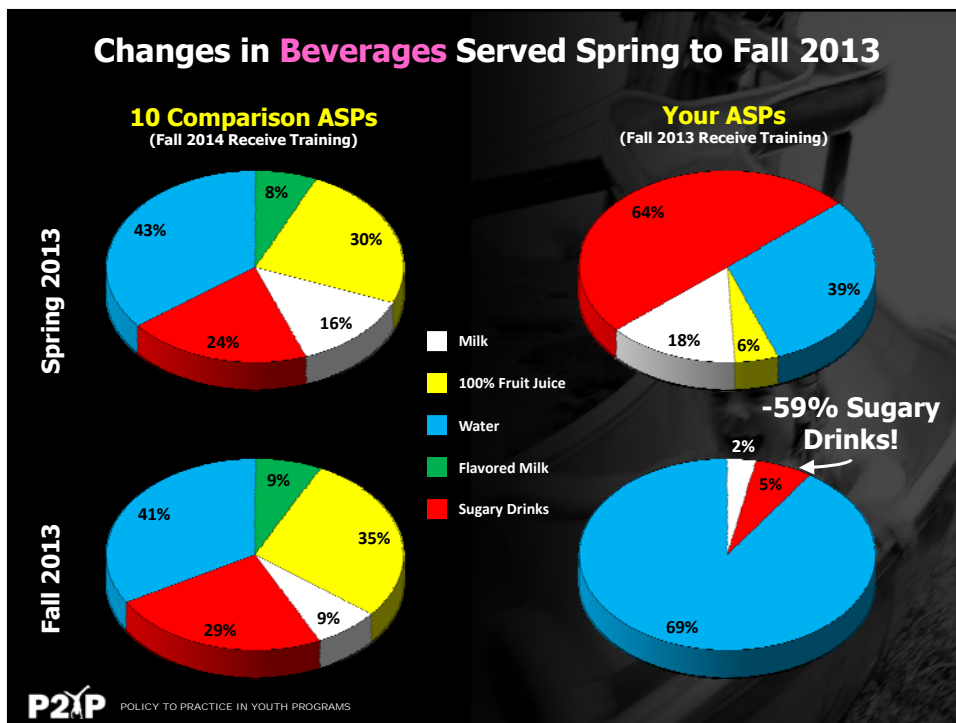
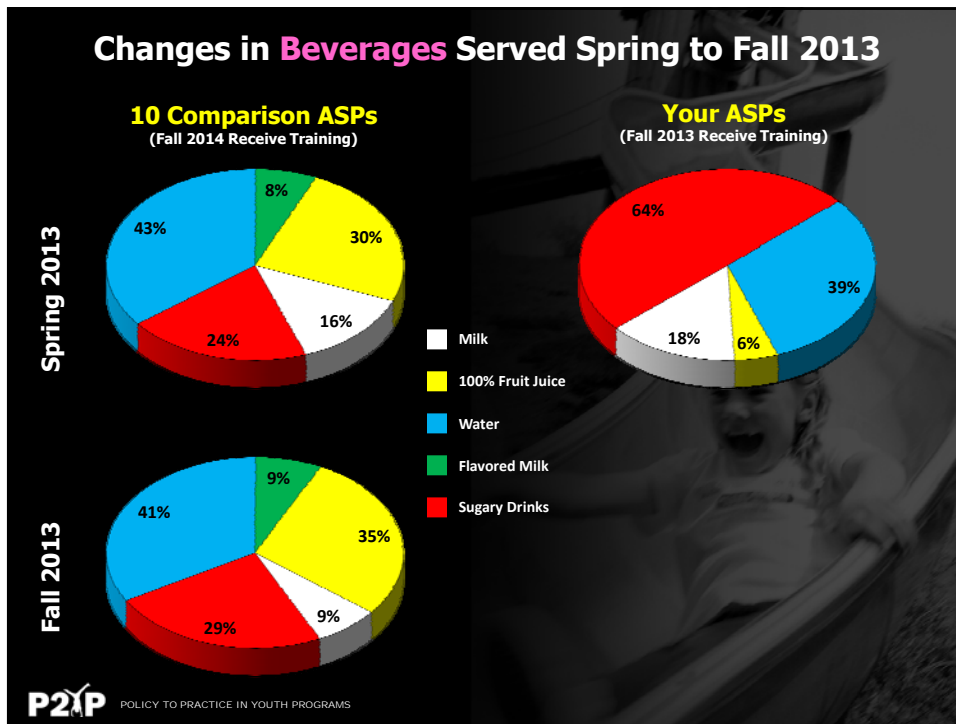
Snacks

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Snacks Spring 2013



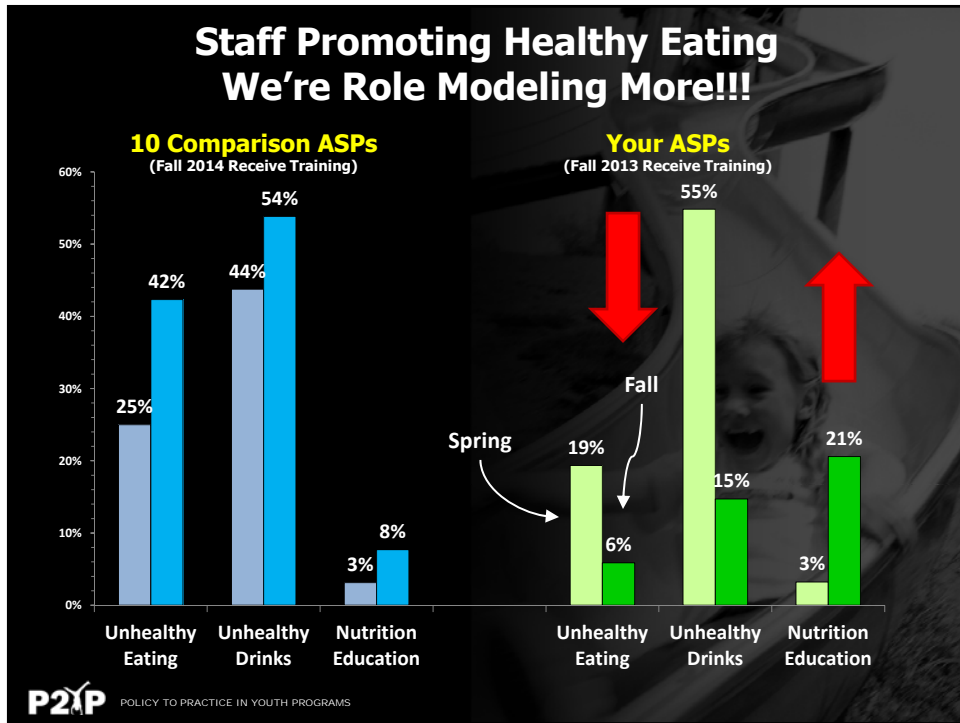
Snacks Fall 2013!!





**Staff are making
this happen!**

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Spring 2014 Goals!

Snacks

Serve a Fruit/Vegetable Each Day for Snack



Eliminate Sugar-Sweetened Foods/Beverages

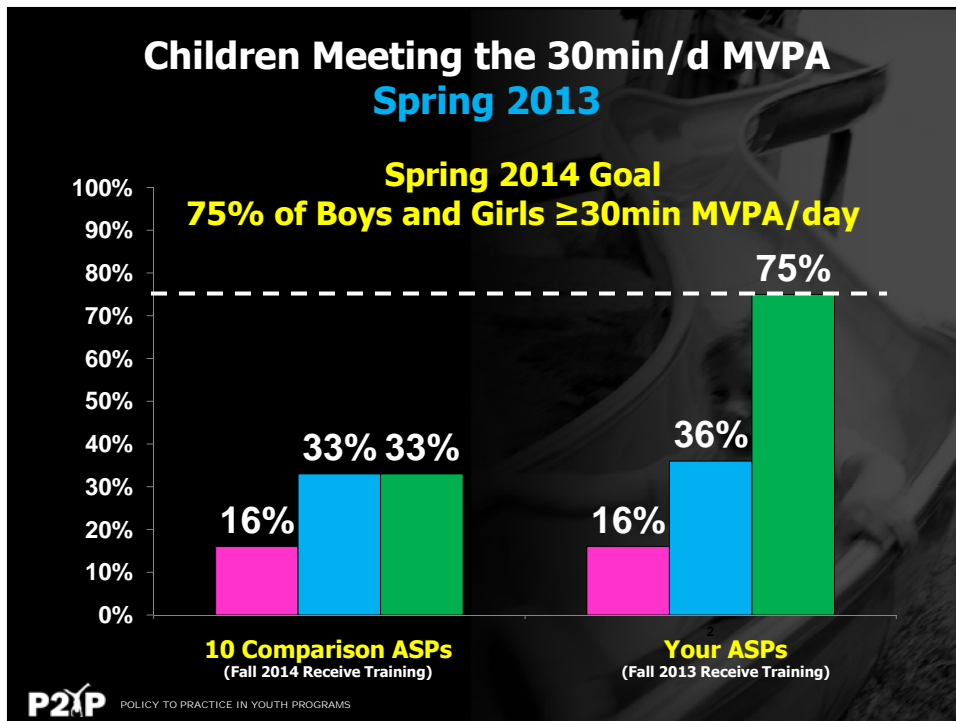
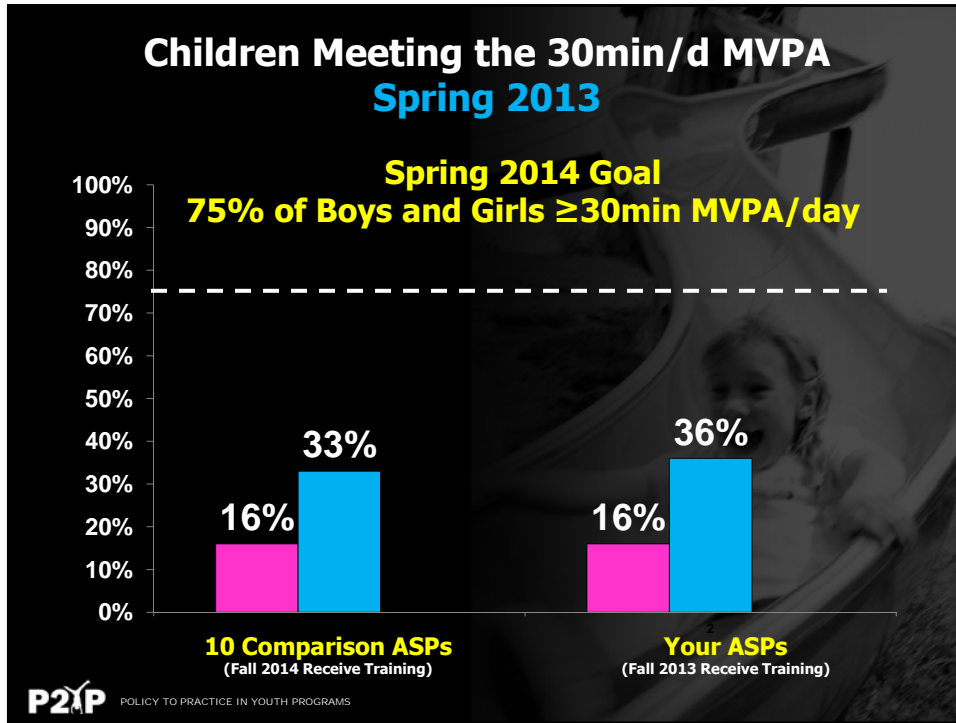


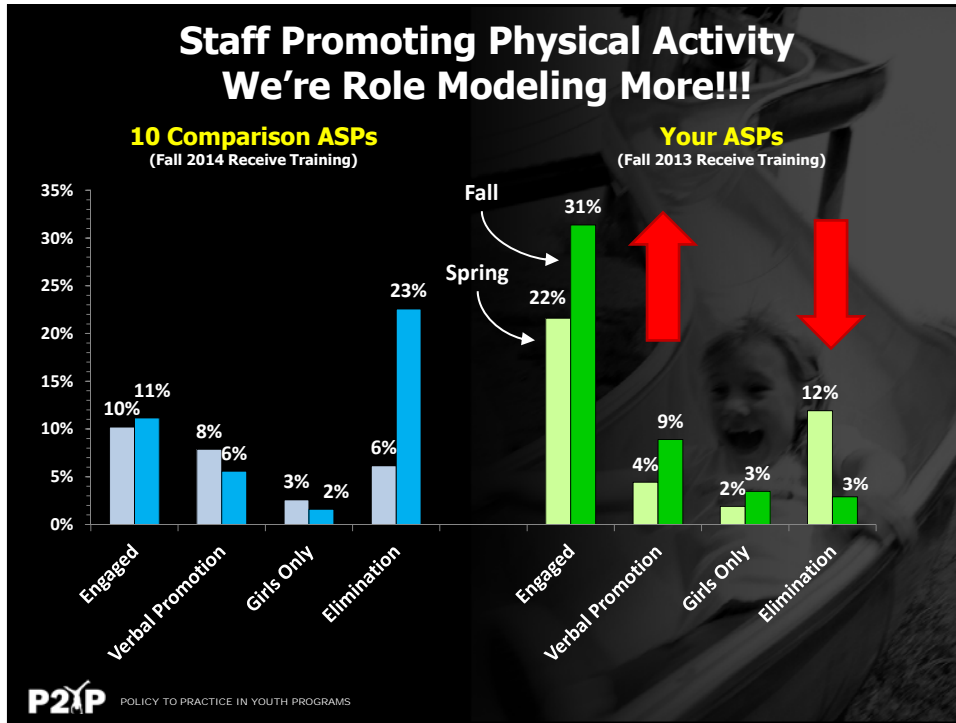
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Look How Far You've Come!

Physical Activity

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We've Come a Long Way!

Let's Continue to **Create Healthy Environments** for **Children**

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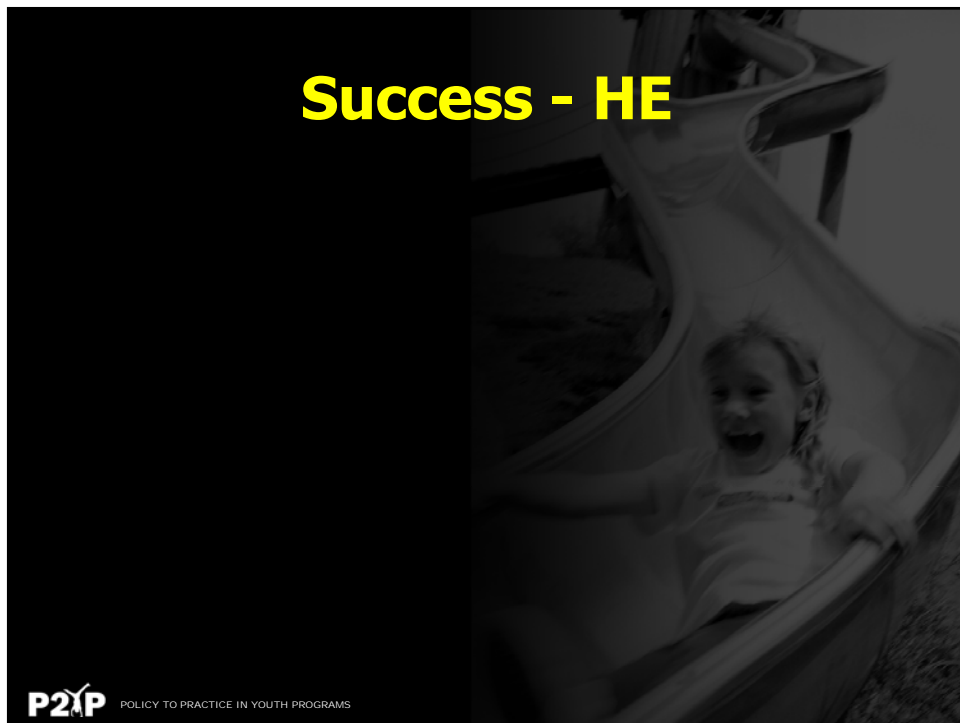


Sharing Success

OVERCOMING CHALLENGES

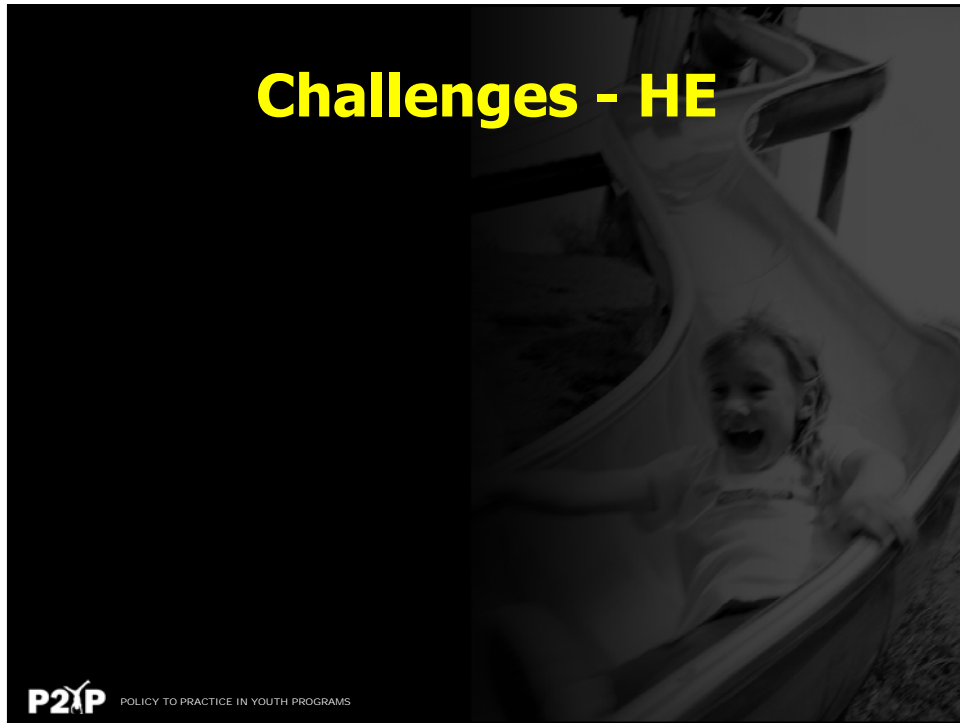
Healthy Eating

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Success - HE

P2IP POLICY TO PRACTICE IN YOUTH PROGRAMS



Challenges - HE

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Sharing Success

OVERCOMING CHALLENGES

Physical Activity

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Success - PA

P2IP POLICY TO PRACTICE IN YOUTH PROGRAMS

Challenges - PA

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The Future of HEPA

2014 and Beyond!

Spring 2014

- **Goals**
 - **Healthy Eating:**
 - Serve FV everyday
 - Eliminate Sugar based foods/drinks
 - **Physical Activity:**
 - 3 of 4 Boys and Girls >30min MVPA/d
- **1 booster** in Spring (Late Jan / Early Feb)

Spring 2014

- **4 Days Assessment (Spring 2013)**
 - Physical Activity
 - Healthy Eating
 - Heights/Weights
- **Calls and Feedback** during assessment

Fall 2014 and Spring 2015

- **Continue with...**
 - Training
 - Evaluation
 - Achieving HEPA Goals
- **Fall 2014 – HEPA Summit**
 - All 20 Programs
- **Incentives** Summer 2014, 2015

Future of HEPA in SC

- **Your programs serve as model sites**
 - **Centers of Excellence**
- **Statewide Adoption of HEPA in all ASPs**