



# HEPA: Site Assessment & Action Planning

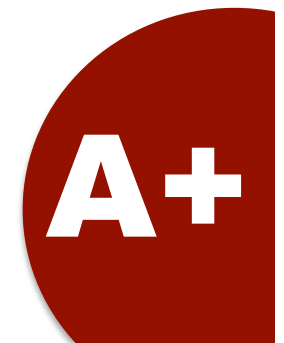
*Assessing your site's healthy eating and  
physical activity environment*

*with*

*Laura Hesse Moran  
Shaquanna McEachern*



**A+ TOOLKIT**  
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# Agenda

- Learn HEPA Standards
- Complete HE and PA Assessments
- Getting Ready for Action Planning



# Introductions

- Your Name
- Your Program / Site – how many sites do you represent?
- Quick Color Activity: Present the color that describes how you're feeling about today.



# Why is change necessary?

## Why be concerned?

- Children today have a **shorter life expectancy** than their parents for the first time in 100 years
- Obese children are more likely to have high blood pressure, high cholesterol, type 2 diabetes, all risk factors for **cardiovascular disease**
- For children born in the US in 2000, one in three will develop **diabetes**
- 70% of obese **children grow up to be obese adults**
- Many Americans **take less than 2,000 steps** per day
- 65% of all people age 20 and older are **overweight or obese**
- 35% of overweight children have **overweight parents**
- The odds of being **bullied** are 63% higher for an obese child
- Many cookies and salty snacks are **high in trans fats**, saturated fats and added sugars



# A day in the life...

7:15am	Wake Up
8:00am	Breakfast of cocoa puffs and chocolate milk, with a pop tart
8:15am	Bus to school; no walking
8:30am	School day begins
10:15am	Snack of Doritos and fruit snacks
10:30am	Recess for 10 minutes
12:00pm	Lunch of Oscar Mayer Deli Pack, Capri Sun, Chocolate
12:30pm	Recess for 10 minutes
3:00pm	School dismissed; After School!
3:45pm	<b>HEALTHY SNACK and OUTDOOR PLAY</b>
6:00pm	Parent Pick up by car
6:15pm	Dinner at McDonald's on the way home
7:00pm	Video gaming, snacking
8:00pm	Bed



# Be a Part of the Solution!

- **Afterschool programs can help** over 6.5 million children meet their physical activity needs, have a healthy snack and start them on healthy habits for life.





## A Toolkit for Health Promotion in Out-of-School Time Programs

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# What is the **A+** Process?

- A+ is a process that **supports Healthy Eating and Physical Activity** in out-of-school time (OST) programs.
- A+ specifically **supports** the 2011 National Afterschool Association (NAA) Healthy Eating and Physical Activity (HEPA) quality **standards**.
- Programs **create solutions** that are as simple as possible yet as detailed as necessary.



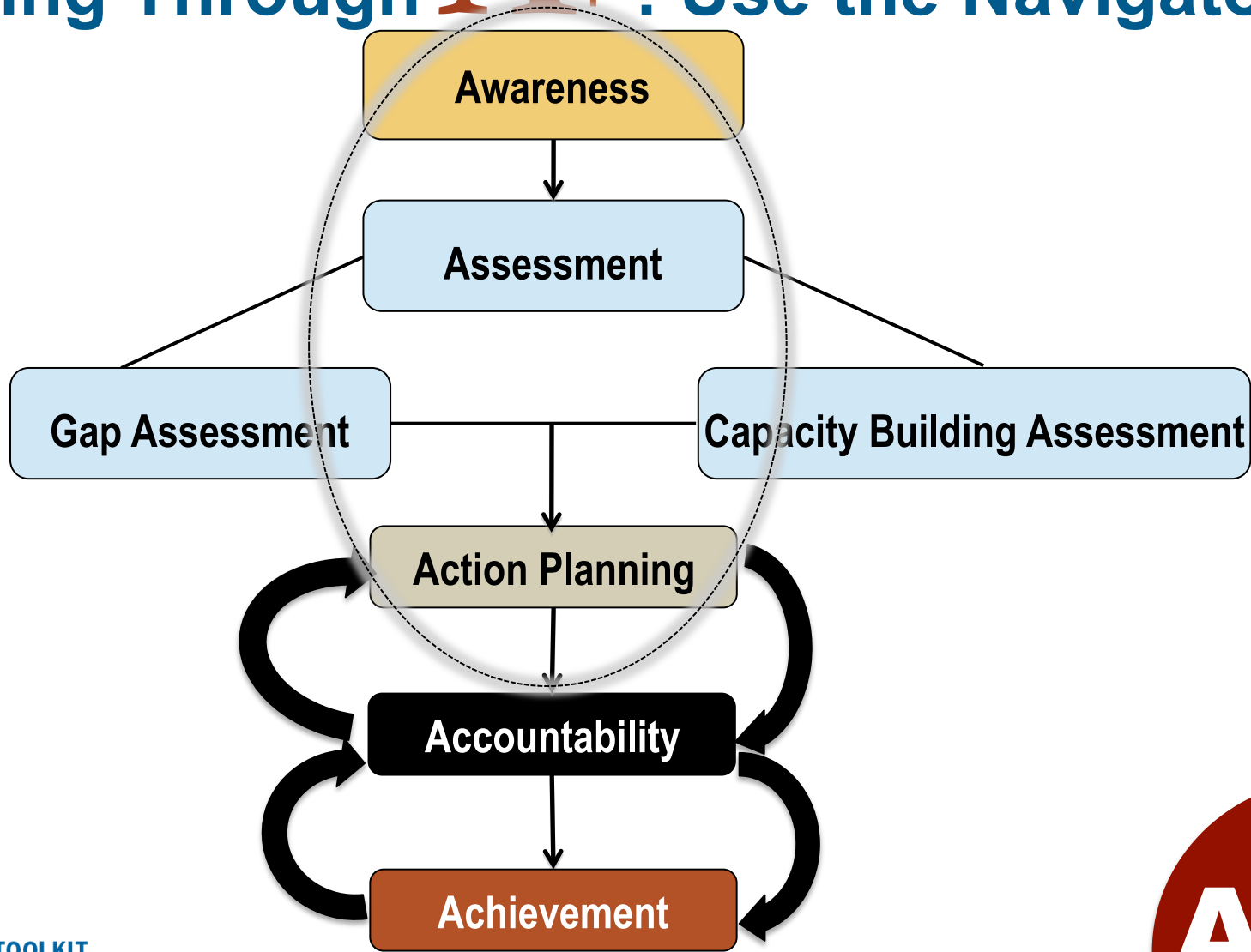


# A+ Key Contributors

- **Site Staff** collect and share information about their site's healthy eating and physical activity practices using a series of tools.
- **Site Staff and Program Directors** work collaboratively on Action Planning to outline what sites need to do to achieve and sustain the Standards.
- **Key Decision Leaders** (program, branch, and corporate leaders) promote, support, and recognize the steps sites take with A+, no matter how long the process takes.



# Moving Through **A+** : Use the Navigator



# A+ Keys to Success

Do you see yourself here?

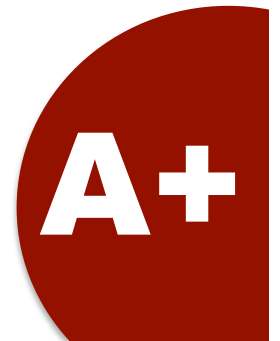
- **Programs that will benefit from A+**
  - Understand HEPA is **critical to reducing obesity** and chronic disease
  - Want or need a **guided process** for health promotion
  - Have **strong and supportive** executive leadership & support **team**
  - Have **commitment and support** among staff.
  - Teams are **open to new ideas**.



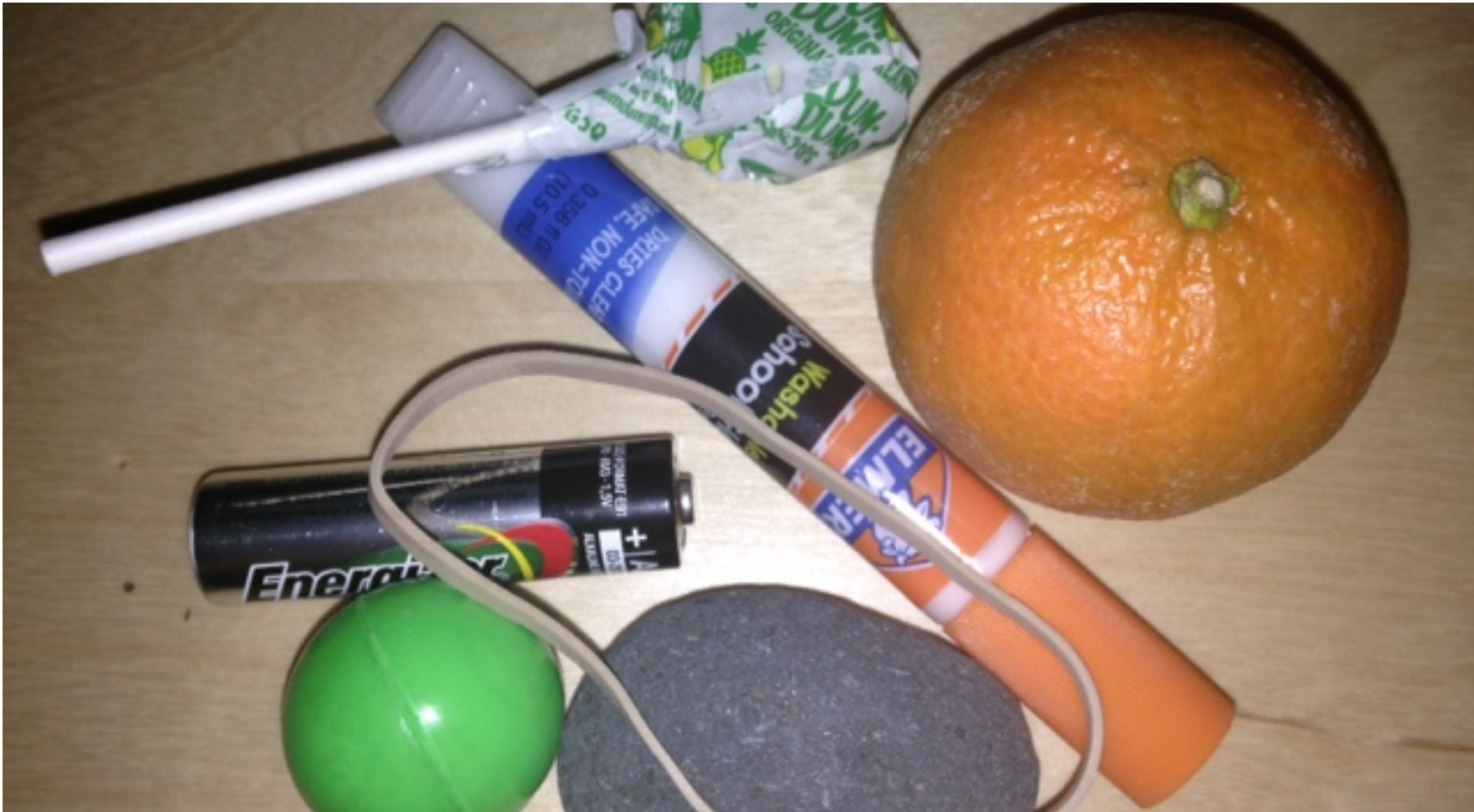
# Are you ready for your **A+**?

## We can start because we:

- ✓ understand what A+ is
- ✓ understand A+ requires commitment of people and resources at many levels
- ✓ understand A+ takes time
- ✓ have an effective support team
- ✓ have identified a champion



# What do these things have to do with what we're doing today?



# Awareness



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# Awareness

Awareness means key decision leaders and site staff understand the importance of promoting healthy eating and physical activity.



# A+ NAA HEPA Standards Address:

- Content and Quality
- Staff Training
- Social Support
- Program Support
- Environmental Support





# NAA HEPA Standards 'Core Elements'

## Healthy Eating (Please see NIOST handout)

- Serve a fruit and vegetable as part of every meal and snack
- Serve more whole grains and limit foods with sugar (This includes drinks: juice is 100% fruit juice)
- Low saturated fat, NO trans fats
- Serve water or milk (skim or low-fat)



## Physical Activity

- Fun physical activity for at least 30 minutes every day; fun and vigorous (sweating and hard breathing)
- Offer outdoor activities whenever possible
- No Television; limit watching time at home as well (less than 1 hour/day)



# Awareness: NAA Healthy Eating Standards

The next slides show the actual standards. To download the standards, go to:

<http://naaweb.org/resources/item/56-healthy-eating>



# Healthy Eating: Content & Quality

**Standard:** Programs serve foods and beverages in amounts and types that promote lifelong health and help prevent chronic disease. These include **minimally processed foods** made with:

- whole grains
- heart-healthy fats or oils
- without added sugar or trans fats
- fruits and vegetables
- beverages made without added sugars



**Healthy, Fresh Snacks When Possible!**

# Healthy Eating: Staff Training

**Standard:** Staff regularly participate in **learning about healthy eating** grounded in effective training models using content that is evidence-based.



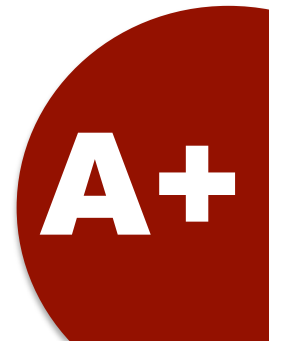
**Train your staff in healthy menu development!**

# Healthy Eating: Nutrition Education Curriculum

**Standard:** Programs that offer **nutrition education** classes will ensure that materials presented to children **are evidence-based**, do not support a particular industry or food sector agenda, and delivered by qualified personnel.



**Teach healthy eating!**  
**Use local nutritionists and resources.**



# Healthy Eating: Social Support

**Standard:** The program creates a **social environment**, including positive relationships, that encourages children to enjoy healthy foods.

Research shows that children's food choices are influenced not only by food appearance, taste and familiarity, but also by social factors including peers, role models, group dynamics, and having healthy options.



**Role Model Healthy Behaviors!**



# Healthy Eating: Program Support

**Standard:** Infrastructure supports healthy eating through management and budgeting practices.



**Budget for Healthy Snacks!**



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# Healthy Eating: Environmental Support

**Standard:** The program's physical environment supports healthy eating. Availability of vending machines, advertising and availability of kitchen facilities can all influence food choices and food availability.



**Make The Healthy Choice The Easy Choice!**



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# Guess the Number

Get up and move everyone!!



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# Awareness: NAA Physical Activity Standards

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download the standards, go to:

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# Physical Activity: Content & Quality

**Standard:** The program's physical activity offerings support the USDHHS 2008 guidelines recommending that all children and youth obtain at least 60 minutes of physical activity per day that includes a mixture of moderate and vigorous intensity activity as well as bone and muscle strengthening activities. (30 minutes of afterschool time)



**Get The Kids Moving – 30 Minutes Every Day!**



# Physical Activity: Staff Training

**Standard:** Staff participate in learning about physical activity using effective training models and using content that is evidence-based.



**Train Your Staff in CATCH Kids Club!**



# Physical Activity: Social Support

**Standard:** The program creates a social environment, including positive relationships, that encourages children to enjoy and participate in physical activity. Research shows that children's physical activity choices are influenced not only by preference and familiarity, but also by social factors including peers, role models, group dynamics, and having multiple options.



**Role Model Fun Fitness – Play With The Kids!**

# Physical Activity: Program Support

**Standard:** Infrastructure supports physical activity through management and budgeting practices.



**Budget for Equipment!**



# Physical Activity: Environmental Support

**Standard:** The program's physical environment supports the physical activity standards.



**Class Has Safe Equipment and a Designated Play Area –  
Movement Mandatory!**



# Other National Standards

- Harvard Prevention Research Center Environmental Standards for Nutrition and Physical Activity in Out-of-School Time Programs
- YMCA HEPA Health Promotion Standards
- Healthy Kids Out Of School: Healthy Kids Hub
  - Drink Right
  - Move More
  - Snack Smart





# Toe to Toe

- Get up and move!



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# Brainstorm

- Challenges to providing healthy eating / physical activity
- Possible Solutions
- Success Stories



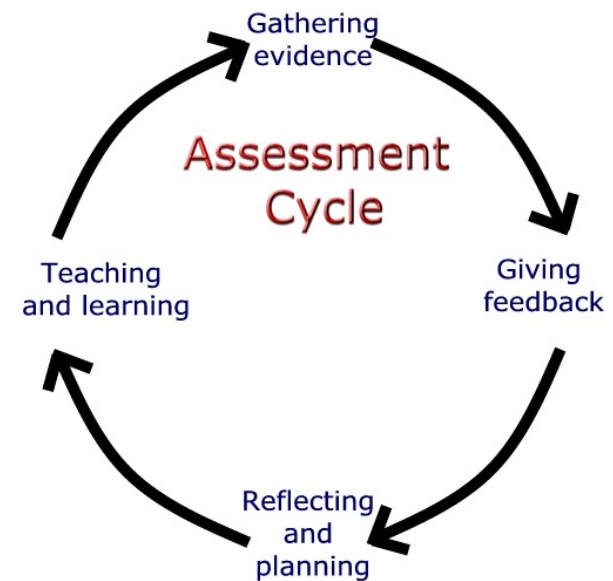
# Is **A**wareness high enough to move forward?

Give your team a **YES** if:

- You know why the HEPA standards are important.
- You understand you are starting a guided process for achieving the Standards.
- You are ready to commit to the work.



# Assessment



## 1. Gap Assessment

- What's missing?


## 2. Capacity Building Assessment

- What do we need to get us there?

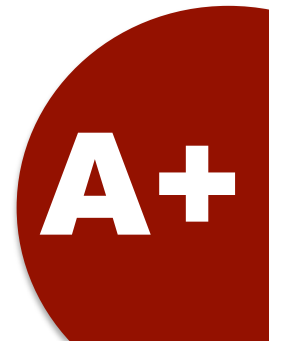
# Gap Assessment

Completing the Gap Assessment portion of the Assessment will help sites:

- Identify which Standards the site is **meeting**.
- Identify which Standards the site is **not meeting**.
- **What are we doing well?**
- **What needs improvement?**



Site Staff,  
this is you!



# Capacity Building **A**ssessment

Completing the Capacity Building Assessment portion of the Assessment will help sites:

- **Identify specific barriers** related to knowledge, skills, and resources that make some Standards more difficult to implement than others.
- Better **understand** what you know and what you do.
- Realize that despite having barriers, you can **prioritize** where to begin Action Planning.



# Complete Two Assessments

- **Healthy Eating Assessment**
  - Gap Assessment
  - Capacity Building Assessment
  
- **Physical Activity Assessment**
  - Gap Assessment
  - Capacity Building Assessment



# Guess The Number

- You're halfway through the assessment process!
- Get up and move!



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# Assessment

After completing each site's Assessment:

**Site Staff:** at this point you should know:

- Which Standards you are meeting, not meeting, close to meeting.
- What your capacity building needs are for each Standard.

**Program Directors:** at this point you should know:

- How each site is doing and where sites want to start.
- What are the common gaps and capacity building needs across sites.
- Effective planning probably means scheduling time to observe at the sites.



# Large Group Discussion

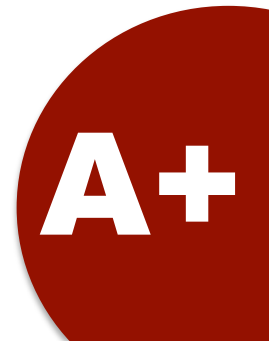
- Reactions to using this assessment?
- What themes did you see?
- Strengths, weaknesses?
- How does this make you think about your program?
- What Capacity Building needs do you have to establish to accomplish it?
- **Are you hopeful?**



# Getting Ready for Action Planning

## Small Group Discussion

- Reactions to using the A+ Assessment  
(original groups of 4 – use handout)
  - Based on each assessment, what is your first action item?
  - What steps will your site need to take in order to achieve it?



# Handouts & Resources Online

- Visit the NH CATCH Kids Club website for digital copies of all documents discussed today:

<http://healthynh.com/catch-resources.html>

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