

Suggestions for HEPA Environmental and Policy Changes:

1. Include Physical Activity and Healthy Eating in the organizations mission and goals, job descriptions, policy manuals, staff handbooks, parent handbooks
2. Adopt policies to serve healthy snacks
3. Adopt policies to provide physical activity curriculum, and provide all youth with opportunity to receive 30 minutes of daily physical activity.
4. Address vending machine quality and offerings
5. Discourage non-educational screen time
6. Staff has access to equipment for physical activity, and supplies for healthy snacks
7. Healthy food, classes, clubs, and/or snacks are available daily
8. Water is beverage of choice: clean drinking water is available and encouraged
9. Program staff model healthy eating habits for youth by consuming healthy food and drinks during program hours and encouraging youth to do the same
10. Physical activity games are all-inclusive, non-elimination & emotionally safe for children of all abilities to feel confident participating in and practicing their skills
11. Staff participates in physical activities to model an active lifestyle to youth
12. Program leaders receive regular training in leading physical activity and teaching health and nutrition

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