The After School Environment

Strategies to Improve Youth Health Outcomes

July 9, 2013

Quang “Q” Dang, JD
Senior Staff Attorney + Technical Assistance Director

Presented in partnership with the Network for a Healthy California
We partner with state and local leaders to improve health in communities, especially the underserved.

We research legal and policy questions, draft policy language, and train community leaders to put these ideas to work.
DISCLAIMER

The information provided in this discussion is for informational purposes only, and does not constitute legal advice. ChangeLab Solutions does not enter into attorney-client relationships.

ChangeLab Solutions is a non-partisan, nonprofit organization that educates and informs the public through objective, non-partisan analysis, study, and/or research. The primary purpose of this discussion is to address legal and/or policy options to improve public health. There is no intent to reflect a view on specific legislation.

© 2013 ChangeLab Solutions
Quang “Q” Dang
Program Director
ChangeLab Solutions
Bruno Marchesi
Program Director
California After School Network
Dr. Andria Fletcher
Chief Afterschool Consultant
Healthy Behaviors Initiative
Lloyd Nadal, MA
Children & Youth Programs Manager
Network for a Healthy California
Agenda

- Introduction
- Exemplary Afterschool Practices
- Engaging Youth
- PSE Options
The Importance of After School

- Adds 15 hours opportunity/week
- Prioritizes low-income
- Helps students
- Helps parents
- Helps the economy
Bruno Marchesi
Program Director
The Mission of California AfterSchool Network is to provide out-of-school time practitioners, advocates, and community members with the resources and tools necessary to build high quality expanded learning programs in California. Seven network committees to get involved: English Learners, Nutrition and Physical Activity, Older Youth, Policy, Quality, Rural, and STEM.

www.afterschoolnetwork.org
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)—high school 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
Proportion of Economically Disadvantaged at Expanded Learning Programs

Proportion of California Elementary/Middle Schools with Expanded Learning Programs

More info can be found at:
http://www.afterschoolnetwork.org/state-of-the-state
WHY WORK WITH AFTERSCHOOL/SUMMER PROGRAMS?

• Programs have **flexibility** to address all 3 NEOP priority areas in a comprehensive and integrated way

• Must offer enrichment opportunities in addition to academic assistance
  (Enrichment can include nutrition education, healthy cooking classes, gardening, and physical activity)

• Must provide healthy snack—can now offer federally-funded meal with fruits and vegetables

• Can complement and influence school day
WHY WORK WITH AFTERSCHOOL/SUMMER PROGRAMS?

• High Quality Programs use experiential, project-based learning Programs as places of learning
  • Learning that is active, collaborative, meaningful, supports mastery, and expands horizons

• Students can become advocates—additional resource, not just target audience

• Programs work well with community partners

• Enrichment is often supported by community partners

• Required match for state afterschool funds builds local accountability
AVAILABLE RESOURCES

Webpage created to assist in connecting local health departments with after school programs

www.afterschoolnetwork.org/neop

- Regional Lead System
- Database of Publicly Funded After School Programs
- Tools and Resources Available to Programs and Families
- Database of Sites Serving After School Meals
CACFP After School Meal Sites and Sponsors

The database was last updated on July 1, 2013 and will be updated quarterly.

Access our searchable database that contains all publicly funded after school programs in California and their sponsors that are currently serving CACFP after school meals.

The database is searchable by Site Name, City, County, Zip Code, School District, and Sponsor Name.

Access our database now!

Read more

Network for a Healthy California Tools and Resources

Download these new tools and resources for after school program practitioners, participants, and their families on how to incorporate nutrition and physical activity to create healthy after school programs. These tools and resources are funded by USDA SNAP, known in California as CalFresh, from the California Department of Public Health.

Read more Improve Academic Success Through Nutrition and Physical Activity Policy and Practice Tips for Creating Healthy After School Programs- Seven Simple Steps for Program Directors and Site Coordinators Be A Healthy Role Model for Children (10 Tips Nutrition Education Series): English & Spanish
Bruno Marchesi
Program Director
530-400-5735
bimarchesi@ucdavis.edu
www.afterschoolnetwork.org
Questions?
PARTNERING WITH AFTERSCHOOL—
TAKING IT TO THE NEXT LEVEL

Dr. Andria Fletcher, Chief Afterschool Consultant
Healthy Behaviors Initiative (HBI)
Center for Collaborative Futures
TAking AfterSchool Programs to the Next Level With HBI

• *Network*-funded initiative demonstrates that afterschool programs are positioned to improve children’s and youth’s health by:
  • Changing their eating habits
  • Increasing their PA levels
  • Strengthening their families’ food security
DEVELOPING AND EMBEDDING EXEMPLARY PRACTICES
Build on social-ecological model, embedding the practices into daily activities and approaches by:
1. Engaging leadership teams and staff members as partners
2. Strengthening youth development
3. Ensuring activities are exciting and meaningful to students
DEVELOPING AND EMBEDDING EXEMPLARY PRACTICES, CONT.

4. Building positive connections with schools, families and communities.
5. Strengthening food security
6. Helping programs secure sustainable funding
FOCUSING ON WHAT WORKS

• Support students with positive influences
• Work with schools to implement health-enhancing policies and practices
• Engage families as partners in making healthy choices
• Connect with community organizations for resources and support
MOVING AHEAD

Working with afterschool allows you to:

• Build on an existing infrastructure
• Expand resources that support healthy communities
• Reach and impact the lives of hundreds of thousands of children and their families
• Leverage SNAP-Ed $ in cost effective way
LEARN MORE ABOUT THIS INITIATIVE

Visit our website:
http://www.ccscenter.org/afterschool/Healthy%20Behaviors%20Initiative


Five Case Studies

Visit a Healthy Behaviors Learning Center
QUESTIONS ABOUT HBI?

Contact:
Kathy B. Lewis
kathyblewis@ccscenter.org
916-567-9911, ext 19
www.afterschoolsolutions.org
Questions?
Inspiring Youth as Partners
The Network’s Children & Youth Programs
Engaging Youth @ the Network

Harvest of the Month
Network for a Healthy California

Power Play

Youth Engagement Initiative
Vision for Engaging Youth

“Healthy Youth Continuum”

Learn/Live  ➔  Promote/Practice  ➔  Action

“Health Education”  “Community Engagement”  “Leadership”
Youth Engagement Initiative

• The Network’s Youth Engagement Initiative empowers youth ages 12-18 to take on and create authentic voice in important nutrition education, physical activity integration and obesity prevention work through Y-PAR.

• Launched in the Fall of 2006 with 7 pilot sites to 43 sites with 363 Youth Researchers in 2013!

• Created a train the trainer protocol to prepare adults at our sites to be facilitators and allies to our youth leaders as they become agents of change.

• YE Integrated into LHD Model as an Objective.
Network for a Healthy California

YOUTH ENGAGEMENT SITES

**FFY 2006 – 2007 (Pilot Year)**
- Francisco Middle School, San Francisco USD *
- Galileo High School, San Francisco USD *
- Mt. View Middle School, Lamont USD
- Orange High School, Orange USD*
- San Bernardino Parks and Recreation (5 sites)
- Tennyson High School, Alameda COE (4 sites)

**FFY 2007 – 2008**
- Community Services Unlimited (CSU), Los Angeles*
- Second Harvest Food Bank, Watsonville*
- Yorba Middle School, Orange USD*
- Youth4rce, San Diego*

**FFY 2008 – 2009**
- Fresno COE
- Orange COE
- San Francisco USD
- Visalia USD

**FFY 2009 – 2010**
- CSU Chico / Center for Nutrition and Activity Promotion (CNAP)
- Del Norte USD
- Humboldt Co. DHHS

**Newest Sites FFY 2010 – 2011**
- Alameda Co. Health Care Services Agency
- Kernville Union SD
- Kern Co. SOS
- Long Beach USD
- San Bernardino Co. SOS
- San Joaquin Co. Public Health Services
- Vaughn Next Century Learning Center

**Leadership Projects**
- Youth in Focus (2006-2008)
- Mandela Market Place - WYSE (2007-2008)
- California Center for Civic Participation (2007-2009)
- Health Education Council (2009-2011)

* These sites are no longer active Youth Engagement sites; yet the sites are available as a resource.

For CalFresh information, call 1-877-847-3603. Funded by USDA SNAP, an equal opportunity provider and employer. Visit www.cahealthchampionsforchange.net for healthy tips. -California Department of Public Health
Youth Levels of Participation

Roger Hart's Ladder of Young People's Participation

Rung 8: Young people & adults share decision-making
Rung 7: Young people lead & initiate action
Rung 6: Adult-initiated, shared decisions with young people
Rung 5: Young people consulted and informed
Rung 4: Young people assigned and informed
Rung 3: Young people tokenized*
Rung 2: Young people are decoration*
Rung 1: Young people are manipulated*

Note: Hart explains that the last three rungs are non-participation

Why Does a Youth-Led Approach Matter?

- Partnerships between youth and adults ultimately make programs more successful.
- Youth know youth! Youth have unique perspective and can be honest about what they need & want.
- Youth are ready to take on leadership roles and have valuable insight.
- Youth are incredibly powerful spokespeople. Stakeholders listen to youth.
Children & Youth 
TA and Support

• Trainings and technical assistance to support youth and adults around:
  – Schools/Afterschool PSE work
  – Youth Engagement and Y-PAR Projects

• Messaging & Communications Strategy Development to support youth efforts

• Regional youth forums & peer-to-peer leadership opportunities for youth to learn best practices and share each other’s work with others across the state.
Youth Engagement Resources

For more information on Youth Engagement Projects review these Networks Resources:


For a hard copy, please contact:

Metria Munyan
Metria.Munyan@cdph.ca.gov
Lloyd Nadal, MA
Children & Youth Programs Manager
Network for a Healthy California
(916) 440-7609
lloyd.nadal@cdph.ca.gov
Questions?
POLICY: Written statement of organizational position, decision or course of action. (Such as ordinances, resolutions, mandates, guidelines, or rules)

SYSTEMS: Changes in organizational procedures (such as personnel, resource allocation, programs)

ENVIRONMENT: Physical, observable changes in the built, economic, and/or social environment.
STANDARDS

TIPS FOR CREATING HEALTHY AFTER SCHOOL PROGRAMS

Seven Simple Steps for Program Directors

1. Start with your staff.
   - Include nutrition and physical activity in your staff development plan.
   - Establish a policy that all staff model healthy eating and physical activity on site and at staff meetings.

2. Develop your budget to reflect programming priorities.
   - Make physical activity and nutrition a key part of your core program.
   - Include nutritious snacks, physical activity equipment, gardens, and cooking classes.
   - Make events and fundraisers healthy, fun, active, and educational.

3. Provide physical activity every day.
   - Build in 30-60 minutes of moderate to vigorous physical activity – it doesn’t have to be all at one time.
   - Move it! Ensure a 5-10 minute activity break for each hour of sitting, including meetings.

4. Make healthy foods and fresh, free drinking water available.
   - Be sure snacks meet California food standards.
   - Add fresh fruits and vegetables and whole grains.
   - Participate in the federally reimbursable snack and meal programs.

5. Engage youth!
   - Train staff on how to involve youth in selecting nutrition and physical activities.
   - Make it possible for all to be emotionally safe, physically active, and successful in their own way.
   - Go global: Include healthy food and physical activity from diverse cultures.

6. Promote healthy family involvement!
   - Offer family fitness and nutrition nights.
   - Create healthy and safe family environments and settings.
   - Share information on CalFresh (formerly Food Stamps) and food banks.

7. Don’t do it alone!
   - Join your district’s school nutrition advisory council or local school wellness policy committee.
   - Reach out to local organizations such as food banks, health centers, hospitals, and health professionals.
   - Recruit volunteers and parents.

Healthy Eating:

In April, 2011 the National AfterSchool Association adopted these standards for Healthy Eating in Out-of-School Time Programs. Accordingly, new language addresses snack content and quality, staff training, curriculum, social support (including staff role modeling, parent engagement and children’s social development), program support, and environmental support.

Content and 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 and heart-healthy fats or oils and without added sugar or trans fats; fruits and vegetables; and beverages made without added sugars.

Best Practices
1. On a daily basis, the Program
   a. Serves a fruit or vegetable (fresh, frozen, canned or dried without added sugar).
   b. Offers water at the table during snack and lunch, and has water accessible at all times.
   c. Only serves foods made without trans fats.
   d. Serves beverages that are not made with caloric sweeteners. Beverages made with caloric sweeteners include but are not limited to sodas, juices, juice drinks, sports drinks, and diet teas.
   e. Serves no candy or other foods that are primarily sugar based.
   f. Through portion size and variety of items offered each day, provides each student with enough calories to avoid both hunger and over eating.
   g. Offers choices and accommodates dietary restrictions related to allergy, food intolerance, religion and culture. Examples include offering high-calcium beverages for children that cannot drink regular cow’s milk such as soymilk or lactose-free milk.

2. The menu
   a. Emphasizes nutrient dense options including baked goods made with whole grains and without trans fats, and protein foods that include lean meats, nuts or beans.
   b. Emphasizes healthy beverages including low or nonfat milk, plain or naturally flavored non-carbonated water, and 100% fruit juice.
   i. Does not offer flavored milk made with added sugars or artificial ingredients.
   ii. Fruit juice should be limited to one 8 oz serving per day.
   iii. No limits on lowfat plain milk or water

Prepared by: HOST leadership team members: Jean Wiescha, Georgia Hall, Ellen Connolly and Barbara Reith:
jean.wiescha@umb.edu; gahall@wellscare.org; ellenconnolly@wellscare.org; barbara.reith@ymca.net
Vending Machine Makeover

Watsonville youth work with Santa Cruz METRO to stock up on healthier snacks

For the hungry bus riders of Santa Cruz County, the only options currently found in vending machines at Santa Cruz METRO stations are sugary drinks and junk food like donuts, candy bars, and high-fat chips. The lack of choices and a desire for something healthier spurred Watsonville-based youth advocacy group Jovenes SANOS to take action.

"All it takes is someone to step up," says Jovenes SANOS member Miguel Munilla, who attends Cabrillo College and has been involved with the group for three years.

Jovenes was inspired to tackle the issue of vending machine fare after working with officials like Chair of the Board of Directors of Santa Cruz METRO and Watsonville City Councilman Daniel Dodge. Utilizing recommendations from the Center for Disease Control and Prevention and similar policies in other California counties, Dodge worked with the youth to draft and pass a policy last August that seeks to fill at least 50 percent of the METRO offices and transit center's vending machines with healthier drinks and snacks.

The METRO's existing vendors were keen on the idea, and worked with Jovenes to replace half of the soda and candy in METRO office machines with options like coconut water, fruit juice, and nuts.

"I am very proud of our young people," says Dodge. "They saw the problems kids their age faced with childhood obesity and family members with diabetes, noticed that the vendors around their schools were not providing healthy food alternatives, and decided to take action."

The United Way of Santa Cruz County created Jovenes SANOS (or "Healthy Youth" in English) seven years ago after reviewing the 2005 Santa Cruz County Community Assessment Project (CAP) Report's findings about the rising rate of overweight and obese local youth, particularly in South County.

According to the 2012 CAP, the percentage of survey respondents who are overweight or obese increased from approximately 50 percent in 2007 to 57 percent in 2011. In 2008, Santa Cruz County ranked 49th (with number one being the best) out of the 66 California counties for overweight children under the age of 5.

With this data in mind, Jovenes SANOS masterminded several projects in the last few years under the guidance of Project Director and United Way Community Organizer Kymberly Lacrosse, including the "Get Out, Get Fit" program and an ordinance that encourages restaurants in Watsonville to provide healthier options on their menus.

Since taking over her role three and a half years ago, Lacrosse says the group has "shifted our focus to policy and, most importantly, relationships with each other, with our partners, and the community."

Available at:
http://changelabsolutions.org/publications/healthier-vending-municipalities
Available at:
http://changelabsolutions.org/publications/healthy-procurement
2. Increasing Access to Water
Model Wellness Policy Language for Water Access in Schools

Developed by the National Policy & Legal Analysis Network to Prevent Childhood Obesity (NPLAN), a ChangeLab Solution

Drinking Water Access in Schools

The drinking fountains of our youth are all but relics of the past: at many schools today, sugary beverages are far easier to come by than safe, free drinking water. Inadequate water consumption can have negative consequences on children's overall health and their ability to learn. Children who are dehydrated tend to experience a drop in their cognitive performance, particularly short-term memory and concentration.3

Making matters worse, instead of drinking water, children tend to drink beverages that can contribute to excess weight gain and tooth decay, such as sodas, sports drinks, and sweetened teas.4 About a third of children and adolescents in the United States are overweight or obese, and studies link rising obesity rates to the consumption of soda and other sugar-sweetened beverages.4

Available at:
http://changelabsolutions.org/publications/wellness-policy-water
Questions?
3. Wellness Policies
WELLNESS POLICY encompasses

- Nutrition
- Physical education & physical activity
- Health education
- Safe & healthy school
- Student wellness services
- Staff wellness
4. Joint Use Agreements

Schools have Joint Use Agreements for recreational, gardening, and cooking facilities.
• Coordinated
• District-wide partnership
• Address grounds, staffing, security, liability, oversight
• City and School working together
Resource: Joint Use Toolkit

Available at: http://changelabsolutions.org/childhood-obesity/joint-use
Questions?
5. Healthy Food Access

EXAMPLE: South LA

www.marketmakeovers.org
Available at:
http://changelabsolutions.org/publications/health-on-the-shelf
RESOURCE: State of the State Expanded Learning Programs

Available at: http://www.afterschoolnetwork.org/state-of-the-state
Resource: Network Tools & Resources

Available at: http://www.afterschoolnetwork.org/nutrition-and-physical-activity/network-healthy-california-tools-and-resources
Resource: Partnership with Local Health Departments

Available at: http://www.afterschoolnetwork.org/neop
RESOURCE: Step-by-Step Guide to Developing Exemplary Practices in Afterschool Programs

Available at: http://www.healthybehaviorsconference.org/healthy-behaviors-initiative
RESOURCE:
Network for a Healthy California

Available at:
http://www.cachampionsforchange.net
Questions?
FOR MORE INFORMATION:

Contact your Program Manager or:

Betty Sun: Research and Evaluation Section
Betty.Sun@cdph.ca.gov

Lisa Tadlock: Policy, Planning & Partnerships Section
Lisa.Tadlock@cdph.ca.gov
This webinar was produced by the California Department of Public Health’s *Network for a Healthy California* with funding from USDA SNAP, known in California as CalFresh (formerly Food Stamps). These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious foods for better health. For CalFresh information, call 1-877-847-3663.

For important nutrition information, visit [www.cachampionsforchange.net](http://www.cachampionsforchange.net).