

ChangeLab Solutions

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



ChangeLabSolutions

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.



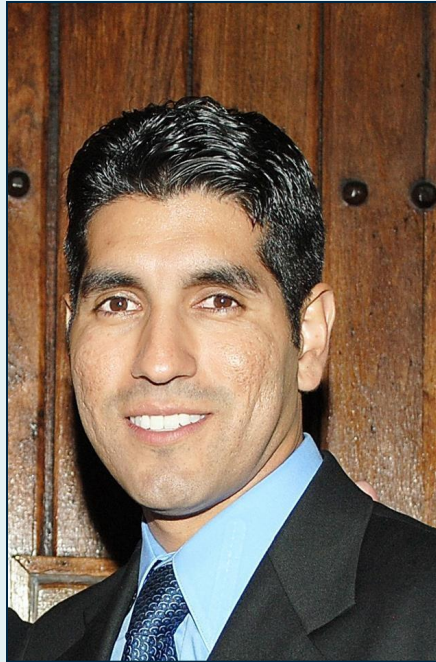
DISCLAIMER

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.



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

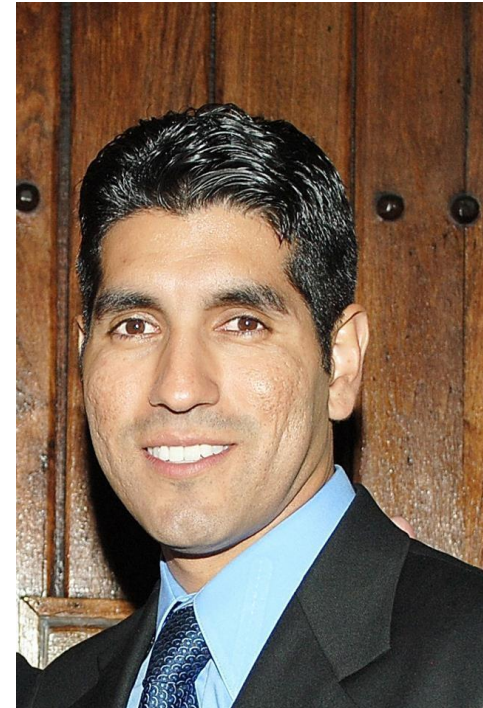


CAN

California AfterSchool Network

CONNECT. CONVENE. INSPIRE.

Bruno Marchesi
Program Director



CALIFORNIA AFTERSCHOOL NETWORK

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.

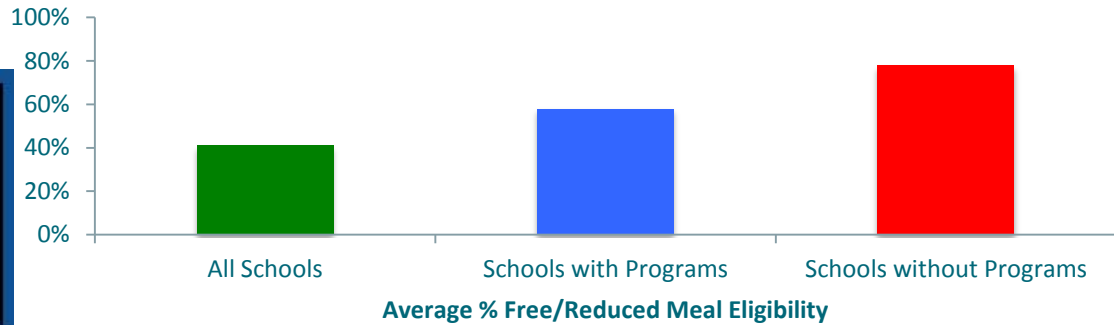
Seven network committees to get involved: English Learners, **Nutrition and Physical Activity**, Older Youth, Policy, Quality, Rural, and STEM

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



State of the State of Expanded Learning in California 2012 - 2013

Released May 2013

Expanded learning programs* increase safety, health, and learning among California's children and youth. This report outlines the state and federal investment in expanded learning programs in California, describes the expanded learning workforce, illustrates how investment in these programs generates increased federal, foundation, and local investment, and highlights the promise and current unmet need for expanded learning programs in California.

Executive Summary:

- California has the largest investment in expanded learning programs in the nation with over 4,400 programs serving over 420,000 children and youth. Most expanded learning programs in California are made possible through the state-funded After School Education and Safety (ASES) program.
- Funding sources provide the capacity for some schools to support high-needs youth with expanded learning programs year-round. One in four elementary and middle schools with after school programs receive supplemental funding that can be used for year-round expanded learning.
- Expanded learning programs serve high-need communities and high proportions of English learners.
- There is still a large unmet need for expanded learning programs in California. This unmet need includes nearly 2,500 (37% of) low-income schools that still do not have programs despite high demand for new funding. Over 1,000 sites or schools were not funded in the most recent grant competition resulting in over 100,000 students not being served.

"Now we know quality afterschool and summer learning opportunities work. We know that quality expanded learning programs are associated with increased academic performance, increased attendance in school, significant improvement in behavior and social and emotional development, and greater opportunities for hands-on learning in important areas that are not typically available during the school day."

Nelarine T. Fowler, D., and Debra L. T. (2013). *Expanding Access and Opportunities: Connecting Research of After-School and Summer Learning for Student Success*. Collaborative Communications Group, Inc.

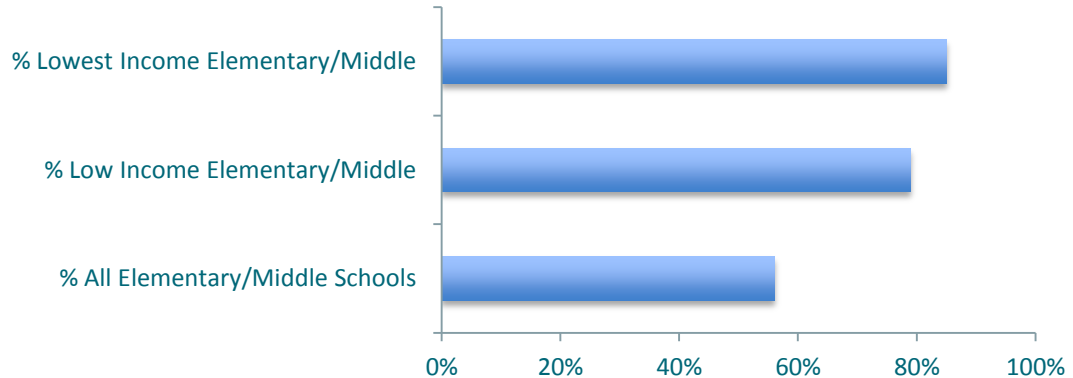


Authored by Jill Davis, Program Director, California After-School Network and Eitan Levi, Deputy Director, High Center for the State of California

Learn more at www.afterschoolnetwork.org

This is the most current published information available as of May 2013 from the California Department of Education (CDE) website (00012013) and the CDE After-School Programs Office. The chart and text data are preliminary data that the California Department of Education has provided. The chart and text data are preliminary data that the California Department of Education has provided. The chart and text data are preliminary data that the California Department of Education has provided. The chart and text data are preliminary data that the California Department of Education has provided.

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

« Nutrition and Physical Activity

After School Meal Program

Resources for Parents

Nutrition Education Obesity Prevention (NEOP)

Summer Meal Program

Team California For Healthy After Schools

Resources

Policy

Research

Committee



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](#)






Regional After School Technical Assistance System (RASTAS) »

What is a Regional Lead?

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](#)





California AfterSchool Network

CONNECT. CONVENE. INSPIRE.

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>

Changing Lives, Saving Lives! Guide

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

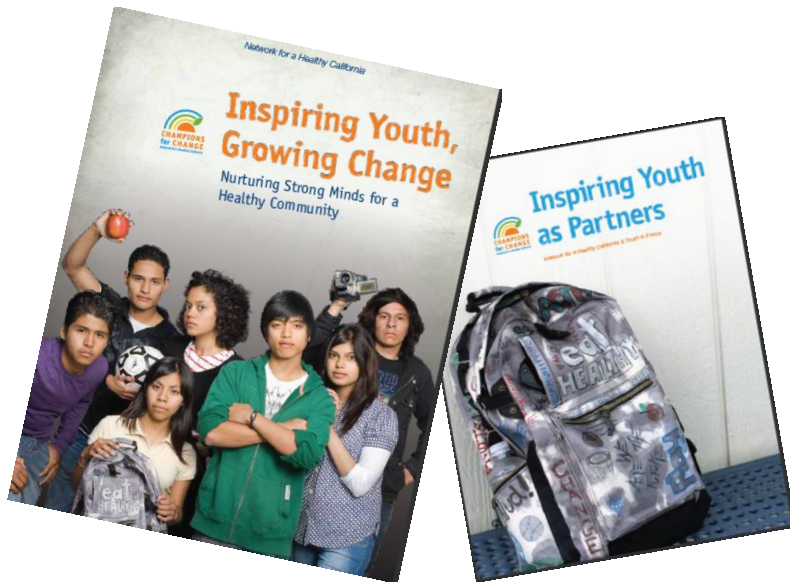


Questions?



Inspiring Youth as Partners

The *Network's* Children & Youth Programs



Engaging Youth @ the *Network*



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.





★ 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

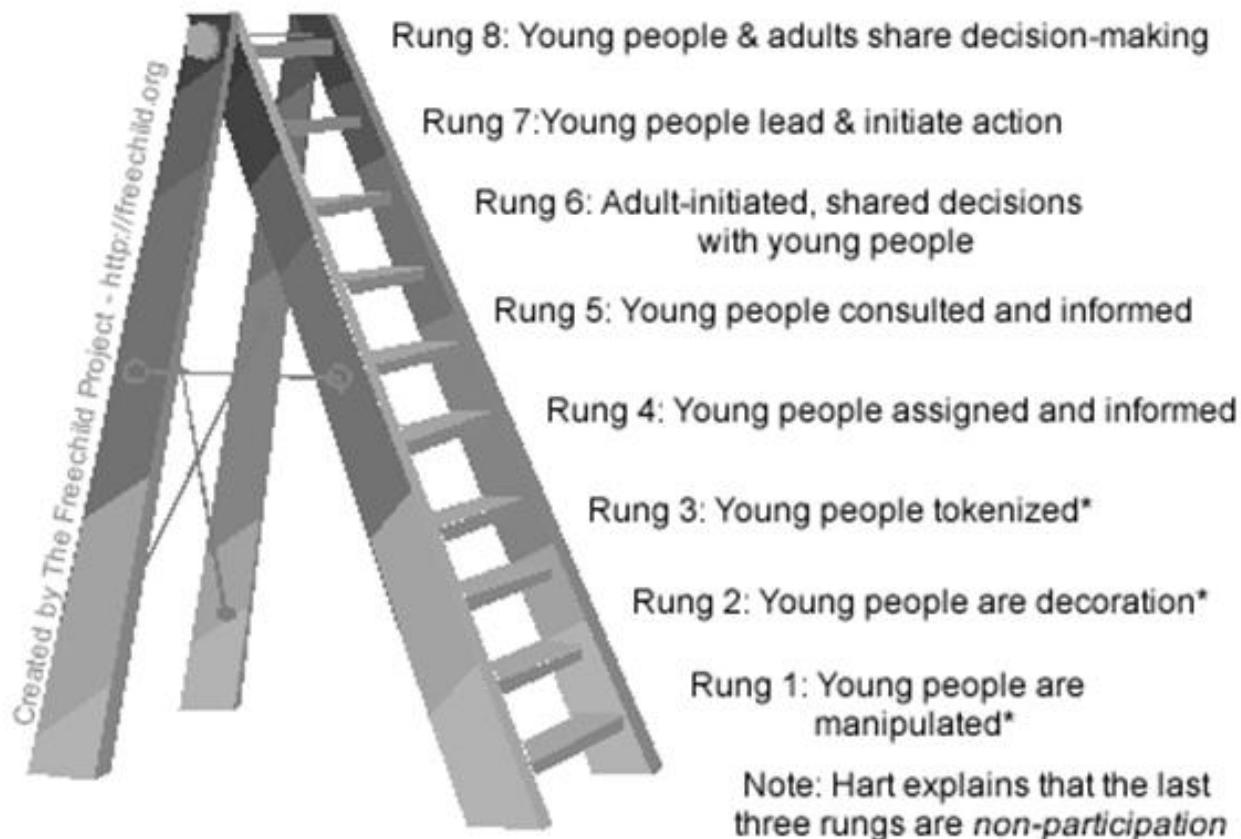
▲ Leadership Projects

- ▲ 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.

Youth Levels of Participation

Roger Hart's Ladder of Young People's Participation



Adapted from Hart, R. (1992). *Children's Participation from Tokenism to Citizenship*. Florence: UNICEF Innocenti Research Centre.

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

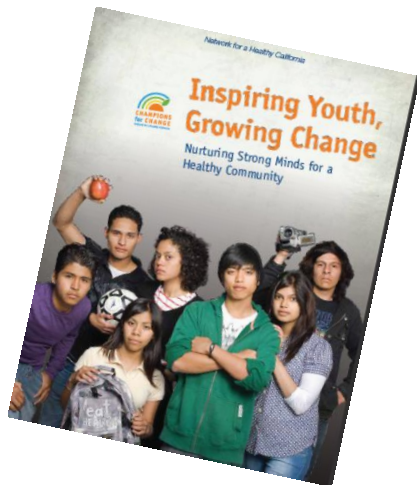
- **Trainings and technical assistance to support youth and adults around:**
 - **Schools/Afterschool PSE work**
 - **Youth Engagement and Y-PAR Projects**
- **Messaging & Communications Strategy Development to support youth efforts**
- **Regional youth forums & peer-to-peer leadership opportunities 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*:

<http://www.cdph.ca.gov/programs/cpns/Documents/InspiringYouthGrowingChange.pdf>

<http://www.cdph.ca.gov/programs/cpns/Documents/Network-BRO-200-2009-02.pdf>



For a hard copy, please contact:

Metria Munyan

Metria.Munyan@cdph.ca.gov



Contact Information



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

After school programs are the perfect time and the place to ensure that youth are fit, healthy, and ready to learn. Below are seven simple tips for program directors to create high quality programs and an organizational culture of health!

- 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 leading 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 activities from multiple cultures.
- 6. Promote healthy family involvement!**
 - Offer family fitness and nutrition nights.
 - Serve healthy foods at all family meetings and
 - Share information on CalFresh (formerly Food Stamps) and food banks.
- 7. Don't do it alone!**
 - Join your district's school health advisory council or local school wellness policy committee.
 - Reach out to local organizations such as grocery stores, fitness centers, hospitals, and health departments.
 - Recruit volunteers and parents.






For more information, please visit
[www.afterschoolnetwork.org/nutrition_pa](http://wwwafterschoolnetwork.org/nutrition_pa)




Funding of this network is provided by the State of California through the California Department of Education. This network is a public-private partnership. The network is not affiliated with any government agency. For more information, please visit www.afterschoolnetwork.org.

NIOST National Institute on Out-of-School Time
at Wellesley Centers for Women



COLLEGE OF NURSING AND HEALTH SCIENCES
UNIVERSITY OF MASSACHUSETTS BOSTON



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

- On a daily basis, the Program
 - Serves a fruit or vegetable (fresh, frozen, canned or dried without added sugar).
 - Offers water at the table during snack, and has water accessible at all times.
 - Only serves foods made without trans fat.
 - Serves beverages that are not made with caloric sweeteners. Beverages made with caloric sweeteners include but are not limited to sodas, juices, juice drinks/ades, sports drinks or iced teas.
 - Serves no candy or other foods that are primarily sugar based.
 - Through portion size and variety of items offered each day, provides each student with enough calories to avoid both hunger and over eating.
 - 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 soy milk or lactose-free milk.
- The menu
 - 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.
 - Emphasizes healthy beverages including low or nonfat milk; plain or naturally flavored non-carbonated water; and 100% fruit juice
 - Does not offer flavored milk made with added sugars or artificial ingredients.
 - Fruit juice should be limited to one 8 oz serving per day
 - No limits on low/nonfat plain milk or water

Prepared by: HOST leadership team members Jean Wiecha, Georgia Hall, Ellen Gannett and Barbara Roth:
jean.wiecha@umb.edu; gahall@wellesley.edu; egannett@wellesley.edu; barbara.roth@ymca.net

1. Healthy Vending/Procurement



EXAMPLE:

Healthy Vending

Vending Machine Makeover

E-mail

TUESDAY, 19 MARCH 2013 12:24 | ARIC SLEEPER NEWS - LOCAL NEWS



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 Murillo, 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 40th (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."

<http://www.gtweekly.com/index.php/santa-cruz-news/santa-cruz-local-news/4638-vending-machine-makeover.html>

ChangeLab Solutions

MAKING CHANGE

A GUIDE TO HEALTHIER VENDING FOR MUNICIPALITIES

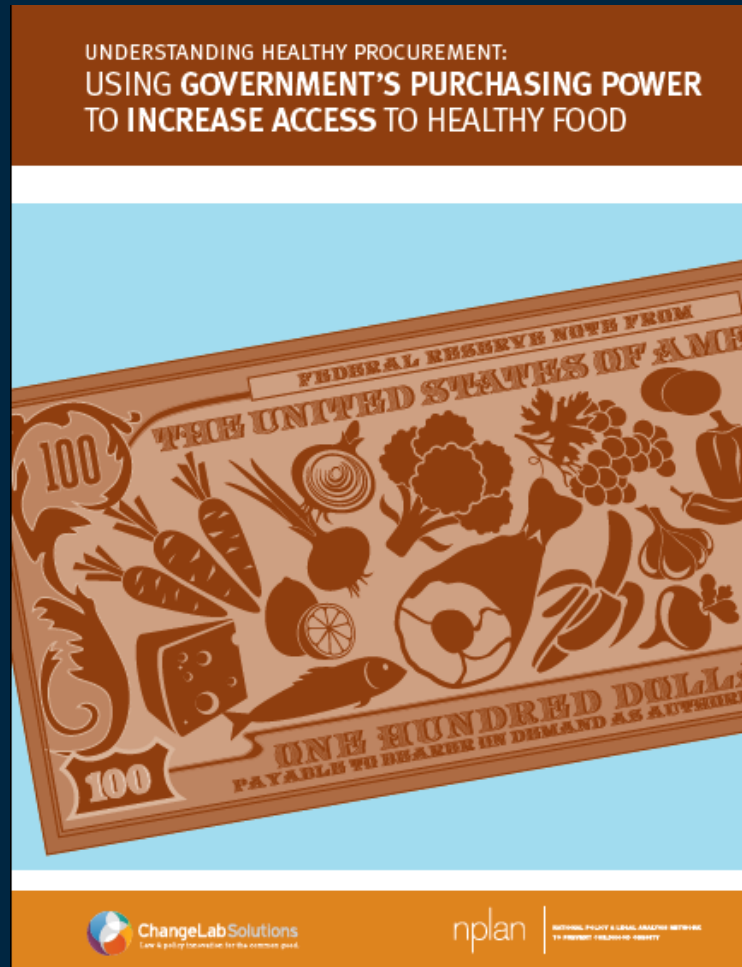


ChangeLab Solutions
Law & policy innovation for the common good.

Available at:

<http://changelabsolutions.org/publications/healthier-vending-municipalities>

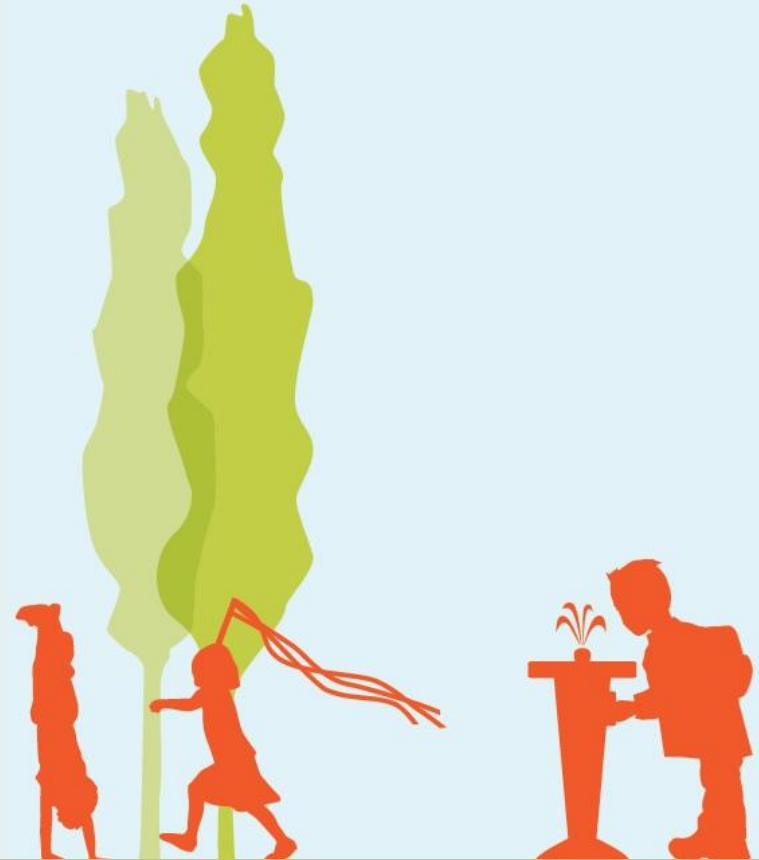
ChangeLab Solutions




Available at:


<http://changelabsolutions.org/publications/healthy-procurement>

2. Increasing Access to Water




ChangeLab Solutions

 ChangeLab Solutions
Law & policy innovation for the common good.

 nplan
NATIONAL POLICY & LEGAL ANALYSIS NETWORK
TO PREVENT CHILDHOOD OBESITY


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

changelabsolutions.org | nplan.org

philpnet.org | nplan.org October 2011





Drinking Water Access in Schools

By increasing access to free drinking water, schools can help promote children's readiness to learn, and their overall health. This journal offers strategies for schools to make drinking water more readily available, including ways for parents and community members to get involved.

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.¹

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.^{2,3} 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

 public health law & policy

 nplan
NATIONAL POLICY & LEGAL ANALYSIS NETWORK
TO PREVENT CHILDHOOD OBESITY

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

The screenshot displays the Oakland Unified School District website. At the top, the logo for Oakland Unified School District is shown alongside the tagline "Community Schools, Thriving Students". Navigation icons for home, calendar, site map, and contact are visible. A green navigation bar contains links for Home, About Us, For Students & Families, For Our Community, Schools, Governing Board, Departments, and Staff Resources.

site Shortcuts

- Enroll in an OUSD School Now! (School Choice)
- 2013-13 and 2013-14 School Calendars
- ONews - OUSD Student Website
- Strategic Plan Implementation: www.thrivingstudents.org
- Board of Education Meeting Agendas, Minutes eComment & Live Meeting Video
- Key District Documents
- OUSD Employee Intranet
- OUSD Email
- Career Opportunities
- Teacher Resources
- Online Application for Free and Reduced-Price Meals
- Looking for an RFP?

Announcements

- Oakland School Board to Consider Dr. Gary Yee for Acting Superintendent**
 - [Please click here for a message to staff from Board President David Kakishiba.](#)
 - [Please click here for the press release announcing Yee's candidacy.](#)
- Superintendent Tony Smith Resigns, Effective June 30, 2013**
 - [Please click here to read Tony Smith's letter of resignation.](#)
 - [Click here for a statement from the OUSD Board of Education.](#)

upcoming Events

Today

5:00 PM - 7:00 PM **Parent Cafe- Discuss School Nutrition and Wellness at OUSD**

Tomorrow

5:30 PM - 8:00 PM **Community Training to Win More Money for**

High School Students—Apply for Summer Credit Recovery Now!

Welcome

Oakland Unified is California's most-improved urban school district over the last eight years!

become a fan | follow us | watch us
facebook | Twitter | YouTube

04/27/13 | Examiner.com

4. Joint Use Agreements

Schools have Joint Use Agreements for recreational, gardening, and cooking facilities.

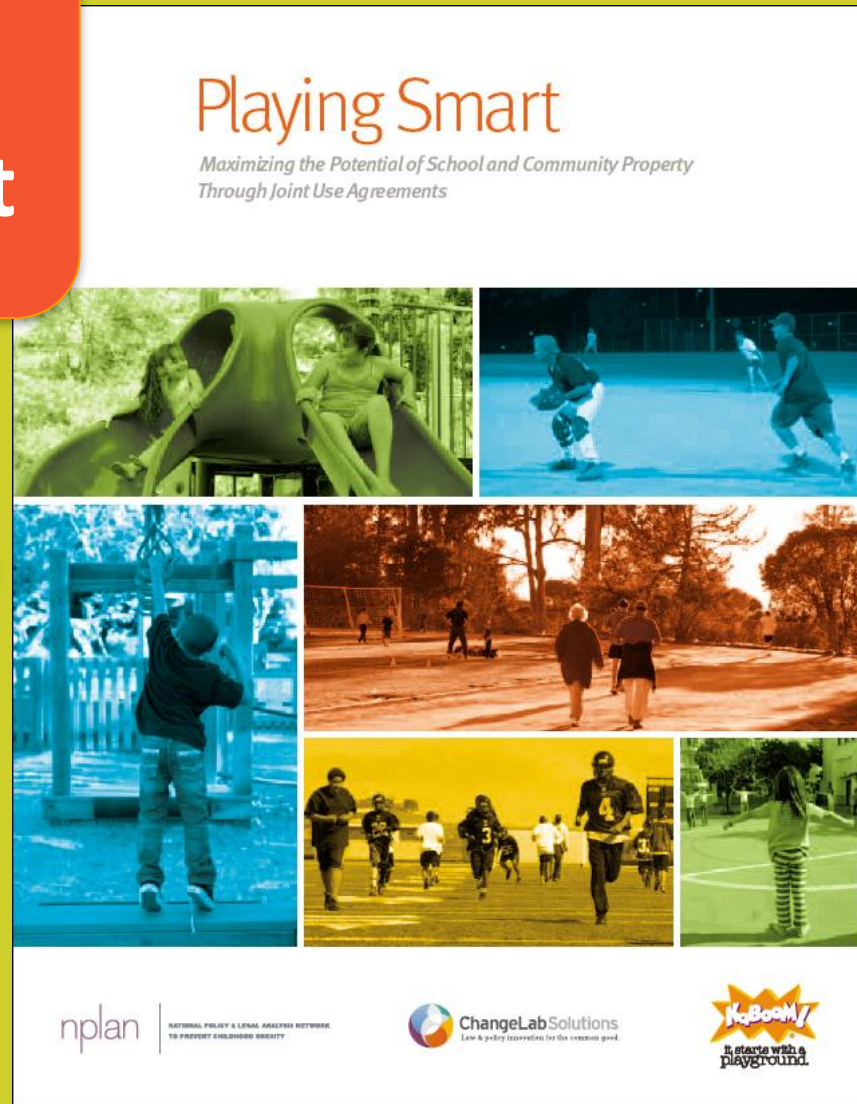


- Coordinated
- District-wide partnership
- Address grounds, staffing, security, liability, oversight
- City and School working together



EXAMPLE:
San Francisco

Resource: Joint Use Toolkit



Available at:

<http://changelabsolutions.org/childhood-obesity/joint-use>

Questions?

5. Healthy Food Access



Problem

What's a "food desert"?



Solution

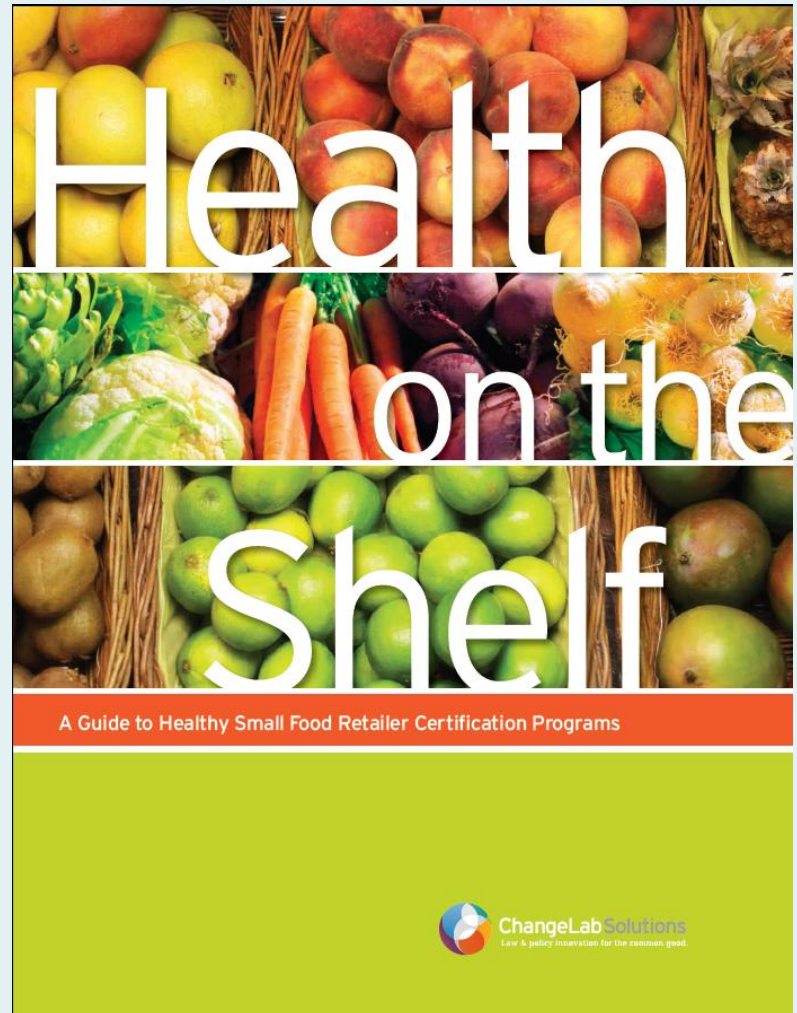
What's a "market makeover"?



Payoff

What are the benefits?

**Resource:
Small Food
Retailer Toolkit**




Available at:

<http://changelabsolutions.org/publications/health-on-the-shelf>

RESOURCE:

State of the State Expanded Learning Programs



**State of the State of Expanded Learning
in California 2012 - 2013**
Released May 2013

Expanded learning programs **increase safety, health, and learning among California's children and youth.** This report outlines the state and federal investments in expanded learning programs in California; describes the expanded learning workforce; illustrates how investment in these programs generates increased federal, foundation, and local investment; and highlights the promise and current unmet need for expanded learning programs in California.

Executive Summary:

- California has the **largest investment in expanded learning programs in the nation with over 4,400 programs serving over 420,000 children and youth.** Most expanded learning programs in California are made possible through the state-funded After School Education and Safety (ASES) program.
- Funding sources provide the capacity for **some schools to support high-needs youth with expanded learning programs year-round.** One in five elementary and middle schools with after-school programs receive supplemental funding that can be used for year-round expanded learning.
- Expanded learning programs serve **high-need communities and high proportions of English learners.**
- There is still a **large unmet need** for expanded learning programs in California. This unmet need includes nearly 2,000 (37% of) low-income schools that still do not have programs despite high demand for new funding. Over 1,000 sites or schools were not funded in the most recent grant competition resulting in over 100,000 students not being served.

"Now we know: quality after-school and summer learning opportunities work. We know that quality expanded learning programs are associated with increased academic performance, increased attendance in school, significant improvement in behavior and social and emotional development, and greater opportunities for hands-on learning in important areas that are not typically available during the school day."

Palermo, T. Hooper, S. and Dickson, E. (2013). *Expanding Minds and Open Horizons: Leveraging the Power of After-school and Summer Learning for Student Success.* Collaborative Communications Group, Inc.

CAN
California Afterschool Network

UC DAVIS
SCHOOL OF EDUCATION
2025A Calderon Center for Education and Policy Studies

Authored by Jeff Davis, Program Director, California Afterschool Network and Brian Lee, Deputy Director, Right Career. Input by Rob Callahan.

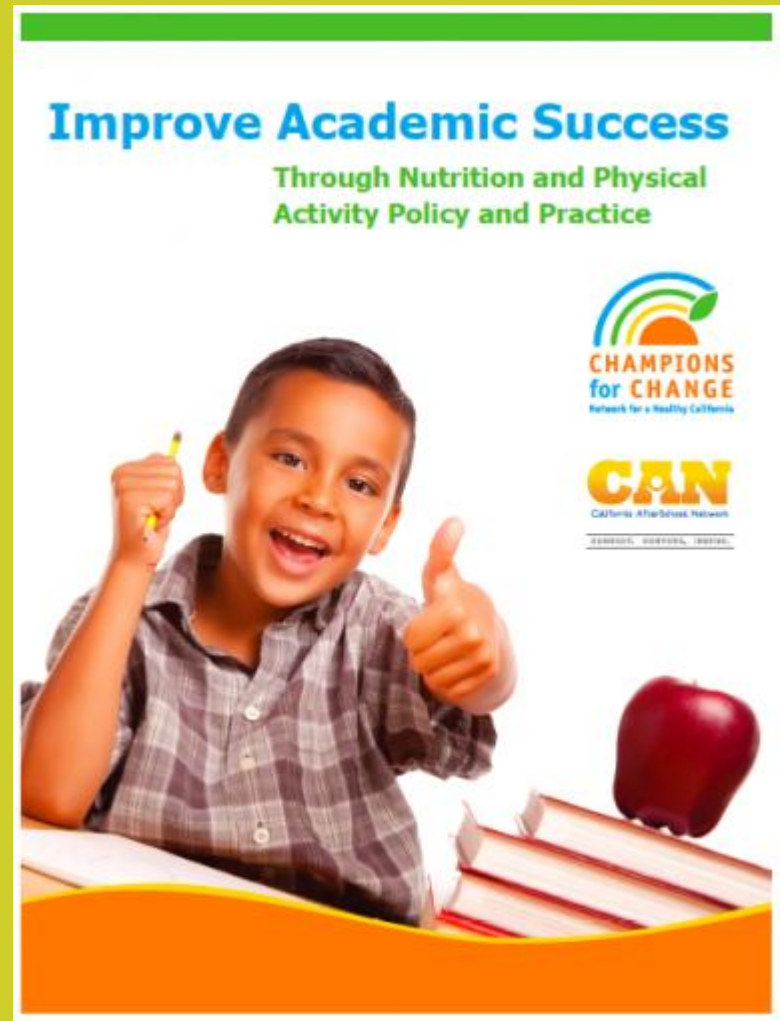
Learn more at www.afterschoolnetwork.org

This report reflects the most current data available reported during April and May 2013 from the California Department of Education (CDE), updated 2013 (2013), and the CDE After-School Program Status and Performance Report 2012-2013. All data were obtained for the same collection. After-School Network provided the most current data from the CDE website as of 5/29/2013. While school enrollment data reflect the most current data from the Afterschool Performance, Practice and Research Institute (APRI) and WestEd (2013), CDE enrollment from 2012 and California Department of Education, released on 5/20/2013 (2013) are used for comparison purposes. All funding reported is reported in separate columns. These data represent preliminary 2013 information and are subject to change as more data are received. For more information about the state of California, contact the network. Contact: Jeff Davis, Director, California Afterschool Network, 2025A Calderon Center for Education and Policy Studies, UC Davis, CA 95616-0225. Phone: (530) 752-5100. Email: jeff.davis@ucdavis.edu. Website: www.afterschoolnetwork.org.

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

CAN
California AfterSchool Network

CONNECT. CONVENE. INSPIRE. [f](#) [in](#) [t](#)

Search the site

[Home](#) » [Information & Resources](#) » [Training & Event Calendar](#) » [CAN Publications](#) » [About Us](#) »

« Nutrition and Physical Activity
After School Meal Program
Resources for Parents
Nutrition Education Obesity Prevention (NEOP)
Summer Meal Program
Team California For Healthy After Schools
Resources
Policy
Research
Committee

« **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](#)

Regional After School Technical Assistance System (RASTAS) »
What is a Regional Lead?

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](#)

[Calendar](#) [Contact us](#) [Website Feedback](#) ©2013 California After School Network [Log in](#)

Available at:

<http://www.afterschoolnetwork.org/neop>

RESOURCE:
**Step-by-Step Guide to
Developing Exemplary
Practices...
in Afterschool Programs**



Changing Lives, Saving Lives



A Step-by-Step Guide to
Developing Exemplary Practices in
Healthy Eating, Physical Activity and
Food Security in Afterschool Programs



**Healthy
Behaviors
INITIATIVE**

March 2010

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.