Thank you for joining us. The webinar will begin shortly.
Experiencing Delays?
Try closing out the other programs running on your computer.

Audio difficulties? Keep this number handy!
Dial: 1-877-860-3058
Code: 1135574

Have a question or comment?
Use the group chat to interact with presenters and other participants.
Today’s Objectives

By attending this webinar, participants will be able to:

• Understand the role HEPA plays in supporting overall children's health, and how the benefits extend beyond obesity prevention and protect against some of the most common health challenges youth face today.

• Learn what the HEPA standards are, why they were refreshed, and what assessment and action-planning tools are available.

• Access the resources and tools you need to integrate HEPA into afterschool and summer programming.
Shared Benefits of HEPA

- Each health challenge has its own risk factors.
- Each health challenge has its own protective factors.
- The intentional identification of shared risk and protective factors for many common health challenges can guide the development of appropriate program practices and interventions to defend against a broad spectrum of related health challenges.

Interrelated Approach: Positive Health Youth Development Framework allows providers to view and address health issues holistically and in correlation to each other.

*Please note any health issue can be added as a [bubble]. Customize the health challenges based on your state, community and program needs.
<table>
<thead>
<tr>
<th>Health Challenge</th>
<th>Risk Factor</th>
<th>Protective Factor</th>
<th>Shared Strategy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Obesity</td>
<td>• Sedentary Behavior</td>
<td>• Physical Activity</td>
<td>• Character Building (SEL)</td>
</tr>
<tr>
<td></td>
<td>• Poor Nutrition</td>
<td>• Proper Nutrition</td>
<td>• Leadership Opportunities</td>
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<td></td>
<td>• Low Self Esteem</td>
<td>• Positive Nutrition</td>
<td>• Implementing HEPA Standards</td>
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<td></td>
<td>• Family Norms</td>
<td>• Family Practice</td>
<td>• Positive Relationship w/Afterschool Staff</td>
</tr>
<tr>
<td></td>
<td>• Adverse Childhood Exp</td>
<td>• Afterschool Programs</td>
<td>• Parent Involvement</td>
</tr>
<tr>
<td>Substance Misuse</td>
<td>• Availability of drugs and alcohol</td>
<td>• Engagement in Meaningful Activities</td>
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<tr>
<td></td>
<td>• Family Conflict</td>
<td>• Family Connectedness</td>
<td></td>
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<tr>
<td></td>
<td>• Depression or suicidal ideation</td>
<td>• Life Skills and Social Competence</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Friends who engage</td>
<td>• Afterschool programs</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Adverse Childhood Experiences</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mental Illness (depression and suicide)</td>
<td>• Hopelessness</td>
<td>• Sense of Connectedness</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Disconnection from School</td>
<td>• Developing problem-solving and conflict-resolution skills</td>
<td></td>
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<tr>
<td></td>
<td>• Prior suicide attempt(s)</td>
<td>• Family Support</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Family History</td>
<td>• Afterschool Programs</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Adverse Childhood Experiences</td>
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</table>

*Please note any health issue can be added as a [bubble]. Customize the health challenges based on your state, community and program needs.*
A Big-Picture Approach to Wellness: Afterschool Supporting Strong Bodies and Minds

Taking a comprehensive approach to wellness—which includes healthy eating and physical activity, and extends to additional aspects of health, such as social and emotional skills and competencies—can provide the necessary supports to help healthy children grow into healthy adults. Afterschool and summer learning programs are well-suited to be an integral component of initiatives that address the whole child. Children in quality programs have access to healthy snacks and meals, take part in physical activities, feel safe and supported by caring mentors, work collaboratively with peers, develop new skills, and gain confidence as they learn to set goals and make responsible decisions for themselves. Afterschool and summer learning programs are embedding broad definitions of health set forth by national health leaders like the World Health Organization and the Department of Health and Human Services and are part and parcel of the support system ensuring that children become healthy, happy, and capable adults.

The Health Issues Facing Our Children Today and the Adults of tomorrow

National public health issues among children today are physical, social, and emotional. Data from the most recent National Survey of Children’s Health reveals that children are struggling with physical, social, and emotional health issues. Although notable progress has been made in reducing many health disparities over the past decades, the percentage of children ages 15-17 who were either overweight or obese has increased by 7.2%, from 14.7% in 1980 to 21.9% in 2015, with 12.8% of children ages 2-19 having an overweight or obesity diagnosis.

Healthy Eating and Physical Activity (HEPA)

Increasing children’s access to healthy foods and time for physical activity helps promote lifelong health. To encourage best practices related to healthy eating and physical activity, the National Institute on Out-of-School Time (NIOST), University of Massachusetts Boston, and the YMCA of the USA developed the healthy eating and physical activity (HEPA) standards for out-of-school time, which were adopted by the National AfterSchool Association (NAA) in 2011.

Healthy Eating and Physical Activity (HEPA)

HEPA is defined as a combination of healthy eating, mental health and well-being, and physical activity standards for out-of-school time. HEPA standards provide a framework for the development of policies and practices to support healthy eating and physical activity in out-of-school time programs.
...and afterschool spotlights

A World Fit for Kids!

Training staff to model healthy behaviors to promote healthy eating and physical activity and social and emotional learning

Taking a comprehensive approach to wellness—which includes healthy eating and physical activity and extends to additional aspects of health, such as social and emotional skills and competencies—can provide the necessary supports to help healthy children grow into healthy adults. Afterschool and summer learning programs are well situated to be a component of solutions that address the whole child. Children in quality programs have access to healthy snacks and meals, take part in physical activities, feel safe and supported by caring mentors, work collaboratively with peers, develop new skills, and gain confidence as they learn to set goals and make responsible decisions for themselves.

Overview

A World Fit for Kids (WFF) is an afterschool program with the mission of “encouraging every child to be fit and fulfill their dreams.” Work in a warm environment.

Camp Fire Lone Star

Empowering students to take charge of their health

Taking a comprehensive approach to wellness—which includes healthy eating and physical activity and extends to additional aspects of health, such as social and emotional skills and competencies—can provide the necessary supports to help healthy children grow into healthy adults. Afterschool and summer learning programs are well situated to be a component of solutions that address the whole child. Children in quality programs have access to healthy snacks and meals, take part in physical activities, feel safe and supported by caring mentors, work collaboratively with peers, develop new skills, and gain confidence as they learn to set goals and make responsible decisions for themselves.

Overview

Students in the Greater Dallas, Texas area are learning how to take control of their health in Camp Fire Lone Star’s afterschool program. Through its Camp Fire WinWork program, health and wellness youth are being taught how to:

Zhang Sah

Embracing the complementary nature of healthy eating and physical activity and social and emotional learning

Taking a comprehensive approach to wellness—which includes healthy eating and physical activity and extends to additional aspects of health, such as social and emotional skills and competencies—can provide the necessary supports to help healthy children grow into healthy adults. Afterschool and summer learning programs are well situated to be a component of solutions that address the whole child. Children in quality programs have access to healthy snacks and meals, take part in physical activities, feel safe and supported by caring mentors, work collaboratively with peers, develop new skills, and gain confidence as they learn to set goals and make responsible decisions for themselves.

Overview

Zhang Sah is a comprehensive positive youth development program, combining academic excellence with developing students’ social and emotional skills and competencies. Meeting “Iowa schlager” in Korea, Zhang Sah is a positive youth development program that combines academic excellence with developing students’ social and emotional skills and competencies.
Development of Healthy Eating & Physical Activity (HEPA) Standards for Out-of-School Time

- **2009**: Convened Healthy Out-of-School Time (HOST) Coalition
- **2010**: Begins supporting HEPA standards development, dissemination and research
- **2011**: Standards were adopted and named the NAA HEPA Standards and disseminated to tens of thousands of OST professionals and supporters
- **2017**: HOST Coalition Leadership embarked on an extensive refresh of the Standards resulting in Version 2.0, a streamlined more user-friendly version of the Standards
- **2018**
NAA HEPA Standards 2.0

DOWNLOAD TODAY
NAA HEPA Standards 2.0

1. Content and Quality (CQ): 19 Standards
2. Staff Training (ST): 5 Standards
3. Social Support (SS): 11 Standards
4. Program Support (PS): 8 Standards
5. Environmental Support (ES): 5 Standards
Suggested Use by Program Leaders and Providers

- Set clear, individualized, and achievable goals
- Connect to community resources
- Support program staff
- Involve families
- Integrate physical activity and nutrition into program activities and approaches
- Plan your celebration
Suggested Uses for Other Stakeholders

• Parents and Families
• Funders and Policy Makers
• K–12 Educators and School Administrators
• Higher Education
Bringing **Healthy Out-of-School Time** to Life

Printable Action Plan
Fostering a growth mindset through **CONTINUOUS IMPROVEMENT**

6 STEP PROCESS

1. BUILD SUPPORT
2. ASSESS YOUR SITE
3. DEVELOP YOUR ACTION PLAN
4. EXPLORE RESOURCES
5. TAKE ACTION
6. CELEBRATE SUCCESSES
# ACTION PLAN

Page 18 of the Self-Assessment Tool

https://naaweb.org/resources/naa-hepa-standards
Offer developmentally appropriate, inclusive physical activities, games, and sports that provide youth with the knowledge and skills necessary to enjoy being physically active throughout their lives and reflect the CQ best practices.

a. Developed and/or delivered by qualified personnel. Examples: program staff trained in the curricula or activities
b. Connected to or integrated into existing programming, such as tutoring, homework, STEM, creative arts, and other enrichment activities
Plan and provide time for **physical activity:**

- **a.** 1-hr. program—10 mins.
- **b.** 2-hr. program—20 mins.
- **c.** 3-hr. program—30 mins.
- **d.** 4-hr. program—40 mins.
- **e.** 5 hrs. or more—60 mins.

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**FITNESS CHALLENGE**

**September 2018**

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday 1</th>
<th>Thursday 2</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>Butterfly Kicks (20 seconds)</td>
<td>5 Mountain Climbers (3 Sky Reaches)</td>
<td>5 Tack Jumps</td>
<td>BACK TO SCHOOL TASK CARDS</td>
<td>Fitness Challenge Calendar</td>
<td>BACK TO SCHOOL TASK CARDS</td>
<td>3 Mountain Climbers (3 Sky Reaches)</td>
</tr>
<tr>
<td>9</td>
<td>Butterfly Kicks (10 seconds)</td>
<td>2 Mountain Climbers (2 Sky Reaches)</td>
<td>5 Tack Jumps</td>
<td>BACK TO SCHOOL TASK CARDS</td>
<td>YOGA TASK CARD</td>
<td>BACK TO SCHOOL TASK CARDS</td>
<td>7 Mountain Climbers (7 Sky Reaches)</td>
</tr>
<tr>
<td>14</td>
<td>Butterfly Kicks (40 seconds)</td>
<td>10 Mountain Climbers (8 Sky Reaches)</td>
<td>10 Tack Jumps</td>
<td>BACK TO SCHOOL TASK CARDS</td>
<td>YOGA TASK CARD</td>
<td>BACK TO SCHOOL TASK CARDS</td>
<td>10 Mountain Climbers (8 Sky Reaches)</td>
</tr>
<tr>
<td>22</td>
<td>Butterfly Kicks (1 minute)</td>
<td>15 Mountain Climbers (10 Sky Reaches)</td>
<td>12 Tack Jumps</td>
<td>BACK TO SCHOOL TASK CARDS</td>
<td>YOGA TASK CARD</td>
<td>BACK TO SCHOOL TASK CARDS</td>
<td>15 Mountain Climbers (10 Sky Reaches)</td>
</tr>
</tbody>
</table>

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**Back to School + Yoga Month** — Use our September calendar for fitness exercise ideas and brain breaks to celebrate Back to School and National Yoga Month!
<table>
<thead>
<tr>
<th>NAA HEPA Standard Related Goal(s)</th>
<th>Action Steps/ Tasks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Offer daily outdoor physical activity.</td>
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</tr>
</tbody>
</table>

**Outdoor Family Fun with Plum App**

Does your family have a few minutes at the bus stop or 15 minutes to play outside? Try a mission from Plum and start building a healthy habit! Spending time outdoors has many benefits and nature is all around you just have to look!

Get ready for some Outdoor Family Fun with Plum! This app offers daily activities that will get your family outside, exploring your neighborhood and learning about nature. It’s part of PLUM LANDING, a PBS KIDS project that helps kids develop a love for this amazing and beautiful planet we call home.

**Features**
- 150+ unique missions to explore your neighborhood’s plants, animals, weather, and more
- Hundreds of tips to help your family talk about nature and science
- New missions and achievement badges that unlock as you use the app
- Digital tools to help your family observe and interact with nature
- Daily sets of suggested missions to try
- Progress tracker to look back on missions and achievements

For more learning adventures with Plum, visit pbskids.org/plumlanding
For more apps from PBS KIDS, visit pbskids.org/apps
Offer non-competitive physical activities (e.g., walking, yoga, swimming, dancing).

Offer activities that are adaptable, accessible, and inclusive of children and youth with all abilities, including physical, sensory, and intellectual disabilities.
4 Ways to Foster Belonging Through Physical Activity

By Daniel Hatcher

I grew up in small town rural America during the 80s and 90s. Although I now work for a national...
What Is the Healthy Afterschool Movement?

By Daniel Hatcher  |  Aug. 9, 2018

Much has been accomplished since 2009 when a small group of national organizations came together to form the Healthy Out-of-School Time (HOST) Coalition. Our collective vision: “foster health and well-being practices in afterschool programs nationwide using science-based standards for healthy eating, physical activity, screen time and family engagement.”

Nine years later, the three largest afterschool providers in the country – the YMCA of the USA, the...
<table>
<thead>
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<th>Action Steps/ Tasks</th>
</tr>
</thead>
</table>

Ensures that all foods and beverages served, offered, or sold during celebrations or family or community events or in staff-only spaces reflect and reinforce the best practices outlined in CQ Standards. This SS covers program-sponsored staff events, meetings, and staff lounges.

https://www.pinterest.com/healthiergen/
“Treat Yourself,” Simple and Healthy Ways to Celebrate

By Daniel W. Hatcher on August 14, 2018
Continuous program improvement requires reflection on professional practices to identify strengths and recognize areas for future growth.

The HEPA 2.0 Self-Assessment Tool is designed to empower professionals and programs to assess their progress in meeting the standards outlined in the NAA HEPA Standards for Out-of-School Time version 2.0. The Self-Assessment Tool allows afterschool and other youth development professionals to:

- Assess professional and program practices in each of the five content areas.
- Identify specific areas of strengths.
- Plan action steps that will lead to improvement.

The Self-Assessment Tool may also be used by administrators and supervisors to guide program evaluation, and to identify program and professional development needs.

**RECOMMENDATION:** Use this Self-Assessment Tool as a guide to assess areas of strength, areas for improvement, and help determine continuous program improvement plans. The Assess, Reflect, Plan process will help you determine what development activities are needed for continued growth of the professionals and the program. It is suggested that you work through one Content Area at a time or choose to focus on just a few specific Content Areas or Standards. Complete the assessment over the course of a few days.

Once complete, we encourage you to enter your answers into the Alliance for a Healthier Generation’s online assessment for OST sites.
Daniel W. Hatcher, MPH
Director of Community Partnerships

WEB
healthiergeneration.org

TWITTER
@hatchdw
@healthiergen

SUPPORT
host@healthiergeneration.org
1-888-543-4584
Questions
Lights On Afterschool | Thursday, Oct. 25

- Nationwide celebration with 8K events & 1M participants
- Celebrate programs, shed light on need for more funding
- Themes:
  - Library Partnerships
  - STEM
  - Youth Voice
  - Health & Wellness

Visit 3to6.co/health to find event ideas, sample invitations, and more