



NORTH CAROLINA **HEALTHY**  
**Out of School**  
**TIME** RECOGNITION  
PROGRAM

Sheree Vodicka  
Executive Director  
NC Alliance of YMCAs

# BACKGROUND

UNIVERSITY OF MASSACHUSETTS BOSTON & Y-USA  
FOUNDED THE **HEALTHY OUT-OF-SCHOOL TIME**  
**COALITION** IN JANUARY 2009 WITH FUNDING FROM  
ROBERT WOOD JOHNSON FOUNDATION

# HOST COALITION MEMBERS

- Action for Healthy Kids
- Active Living Research
- Afterschool Alliance
- AfterSchool AllStars
- Alliance for a Healthier Generation (AFHG)
- American Camp Association
- American Heart Association
- Association of State and Territorial Health Officials (ASTHO)
- A World Fit for Kids
- Boys and Girls Club of America
- Bridging the Gap
- CANFIT
- Center for Collaborative Solutions
- Centers for Disease Control
- EasterSeals
- Food Research Action Center (FRAC)
- Forum for Youth Investment
- Healthy Kids Out of School
- Mission Readiness
- National Afterschool Association
- National Center on Healthy, Physical Activity, and Disability (NCHPAD)
- National Council on Youth Sports
- National Farm to School Network
- National Human Services Assembly
- National Institute on Out-of-School Time (NIOST)
- National League of Cities (NLC)
- National Recreation and Park Association (NRPA)
- National Summer Learning Association
- Nemours
- Out-of-School Time Resource Center at The University of Pennsylvania
- Partnership for a Healthier America
- Playworks
- Policy to Practice in Youth Programs
- Robert Wood Johnson Foundation (RWJF)
- Safe Routes to School National Partnership
- Salud America!
- Save the Children
- Share Our Strength
- United States Department of Agriculture (USDA)
- United States Department of Defense (DOD)
- United Way
- University of Minnesota
- Up2Us
- YMCA of the USA (Y-USA)

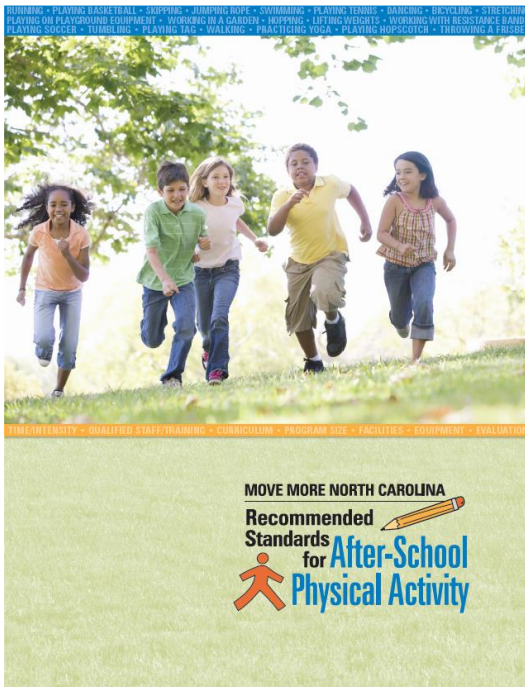
# First Charge

Create *evidence-based*, healthy eating and physical activity (HEPA) standards that foster the best possible nutrition and physical activity outcomes for children in grades K-12 attending OST programs



# North Carolina's Unique Contribution

- Move More Standards used as national standards



## Adopted by

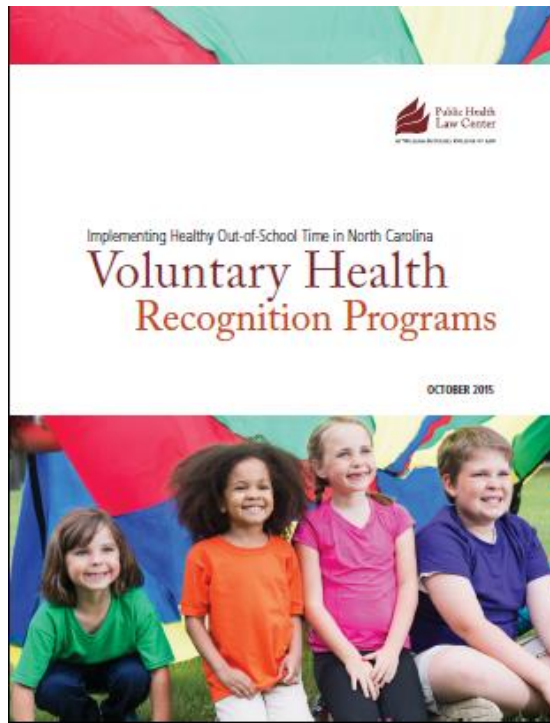
- National Afterschool Association
- YMCA of the USA
- Council on Accreditation
- National Recreation and Park Association
- Boys & Girls Clubs of America
- Alliance for a Healthier Generation



# HEPA IN LAW



# Public health law center analysis



“Statewide voluntary health recognition programs represent a promising new model for promoting broad implementation of HEPA standards in OST settings.”

H474/S551

**H**  
**GENERAL ASSEMBLY OF**  
**SESSION**  
**HOUSE**  
**PROPOSED COMMITTEE SUB**

Short Title: Healthy Out-of-School Reco  
Sponsors:  
Referred to:

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AN ACT TO INCLUDE IN THE TYPE  
THE PROVISION OF CHILD CARE TR  
WHO ATTEND YEAR-ROUND SCHOOLS AND  
OUT-OF-SCHOOL TIME (HOST) RECOGNITION PROGRAM  
The General Assembly of North Carolina enacts:  
SECTION 1. G.S. 110-86(2) reads as rewritten:

**S**  
**GENERAL ASSEMBLY OF NORTH CAROLINA**  
**SESSION 2015**  
**SENATE DRS45284-MK-114B (03/11)**  
Short Title: Out of School Services.  
Sponsors: Senators Daniel and Gunn (Primary Sponsors).  
Referred to: (Public)

FILED SENATE  
Mar 26, 2015  
S.B. 551  
PRINCIPAL CLERK  
**D**

# Bill language

- Department develops a process to be on a website
- Certificate
- Location
- Parent Engagement
- Length of certificate validity
- Department maintains list of programs



# STAKEHOLDER INPUT



# categories

Healthy Eating (HE)
HE 01. Snack, Meal, and Drink Quality
HE 02. Staff Training – Healthy Eating
HE 03. Nutrition Education
HE 04. Youth, Staff, and Family Support – Healthy Eating
HE 05. Organizational Policies – Healthy Eating
HE 06. Site Environment – Healthy Eating

Physical Activity (PA)
PA 01. Physical Activity Quality
PA 02. Staff Training – Physical Activity
PA 03. Youth, Staff, and Family Support – Physical Activity
PA 04. Organizational Policies – Physical Activity
PA 05. Site Environment – Physical Activity



## North Carolina Healthy Out of School Time (NC HOST) Program



The NC HOST Program will launch on April 4, 2017

[Home](#)

[About Us](#)

[NC's Plan](#)

[Programs & Tools](#)

[Data](#)

[Funding](#)

[Contacts](#)

Google Custom Search



### Who is it for?

Any qualified out of school time program that wants to be recognized for their healthy eating and physical activity practices can apply for the NC Healthy Out of School Time Recognition Program.

### How do you get it?

Out of School time programs that want to be recognized for their healthy eating and physical activity practices can apply for the NC Healthy Out of School Time Recognition Program.

### How is it used?

To guide the development of practices, policies and environments supportive of physical activity in NC After-School Programs.

The Healthy Eating and Physical Activity Standards developed by the National Institute for Out of School Time programs provide best practices for healthy eating and physical activity. Programs that want to be recognized for meeting the standards can apply for the Healthy Out of School Recognition Program.

**Who is eligible to become a Healthy Out of School Time Program?**

**How to apply**

**Background**

**Assessment**

**Resources to meet the standards**

**COMING SOON – Recognized NC HOST Programs**

Out-of-School Time x

Secure | [https://www.healthiergeneration.org/take\\_action/out-of-school\\_time/](https://www.healthiergeneration.org/take_action/out-of-school_time/)

Apps Aristotle 360 - Login CEO Sign On Exchange Google Home - YShare Home Kronos Workforce Co Login Emma, Inc North Carolina Allian Team Discussion - Su

ALLIANCE FOR A HEALTHIER GENERATION

RESOURCES SEARCH LOG IN/REGISTER DONATE

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About Childhood Obesity Live Healthier Take Action News & Events Programs About Us

## Out-of-School Time


Out-of-school time settings are the places where kids spend their time before and after school, during school breaks, and over the summer. These are prime environments where youth can be encouraged to eat healthier and move more.

Out-of-school time providers across the country are already supporting the healthy development of young people. To build on these efforts, we use our knowledge and experience to give staff the most comprehensive support to increase healthy eating and physical activity.

MY SITE

[Healthy Out-of-School Time Framework](#)

Watch Our Program in Action







In 2016, the North Carolina legislature recognized the role that out-of-school time programs have in encouraging healthy eating and physical activity. House Bill 1030/Session Section 12E.2. As a result, the North Carolina Healthy Out-of-School Time Recognition Program (NC HOST) was launched in April 2017. NC HOST offers a voluntary recognition program for out-of-school time programs that meet a set of standards that are outlined in the National AfterSchool Association Healthy Eating and Physical Activity (HEPA) standards.

Healthy out-of-school time programs provide a safe and healthy environment for children to learn, grow, and thrive. Out-of-school time programs are unique in that they provide a safe and healthy environment where children can learn, grow, and thrive.

Out-of-school time programs provide a safe and healthy environment where children can learn, grow, and thrive.

1. Goshart, B., Strickland, A., Casey, M., Miller, J., & S. (2016). Promoting healthy after-school challenges. Los Angeles: The California Endowment & the Center for Communications Programs. Available at: <http://www.endowment.org/healthy-after-school-challenges>



## North Carolina Healthy Out-of-School Time Recognition Program Standards

**About the Standards:** The North Carolina Healthy Out-of-School Time Recognition Program (NC HOST) offers a voluntary recognition for out-of-school time programs that meet a set of standards that are a subset of the National AfterSchool Association Healthy Eating and Physical Activity (HEPA) standards as outlined in the Healthy Out-of-School Time Framework ([healthiergeneration.org/\\_asset/pqkqhk/HOST-Framework.pdf](http://healthiergeneration.org/_asset/pqkqhk/HOST-Framework.pdf)).

NC HOST is partnering with the Alliance for a Healthier Generation to assess if programs a program to be recognized as an NC HOST Program, you will need to complete the Alliance for a Healthier Generation's [take-action/out-of-school-time](http://healthiergeneration.org/take-action/out-of-school-time) online.

After you've completed the online assessment, compare your results with the NC HOST Standards listed below, your program is qualified to apply for the NC Healthy-Out-of-School Time recognition and the application form is available online: [eatasmartmovemorenc.com/NCHOST](http://eatasmartmovemorenc.com/NCHOST)

Please note the standards listed in this document are the 28 minimum standards required to be a subset of the 87 HEPA standards ([naaaweb.org/images/NAA\\_HEPA\\_Standards\\_new\\_tool](http://naaaweb.org/images/NAA_HEPA_Standards_new_tool)).

### HEPA Standards:

The assessment is organized into 11 subcategories – including six healthy eating standards:

Healthy Eating (HE)	
HE 01. Snack, Meal and Drink Quality	PA 01. Physical Activity
HE 02. Staff Training – Healthy Eating	PA 02. Staff Training
HE 03. Nutrition Education	PA 03. Youth, Staff and Family Support
HE 04. Youth, Staff and Family Support – Healthy Eating	PA 04. Organizational Policies
HE 05. Organizational Policies – Healthy Eating	PA 05. Site Environment
HE 06. Site Environment – Healthy Eating	

LEADING THE WAY FOR CHILDREN'S HEALTH  
HealthierGeneration.org



Dear Families:

Our [insert name of] program wants to be a North Carolina Healthy Out-of-School-Time Recognition Program. This program allows out-of-school-time programs like ours to be recognized for making sure that your kids are getting healthy snacks and plenty of play time.

We know your child's health is important to you. We want to do all we can to help you teach your kids how to eat healthy meals and snacks, and to be active as much as possible. This will help them be healthy, well-adjusted and ready to learn!

In order to be recognized as a NC HOST Program, we need your help. Please tell us if our staff give your child foods that don't meet our standards. Also, tell us if your child is not getting the play time we have promised. Together, we can make the program work for us all.

With regards to parties, we will celebrate without using food. Instead, we will do a fun activity or a project, like dancing and singing. If we do serve food, we will only serve foods that kids need more of, such as fruit or vegetables with dip.

We know this can be a big shift. It is also a good chance to share creative ideas! There are many fun ways to celebrate without food. Check out the list attached for some suggestions, or share your own ideas with us!

The Alliance for a Healthier Generation also has tools to help you identify healthier foods and drinks. Visit [www.healthiergeneration.org/smartsnacks](http://www.healthiergeneration.org/smartsnacks) to check out their resources.

Thank you for helping us create a healthier place for your child to learn!

Sincerely,



# Certificate of Recognition



recognizes

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(Program Name)

for making a commitment to healthy eating and physical activity.

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Date Awarded

2017

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Signature

Eat Smart, Move More North Carolina  
Executive Committee Chair



# NATIONAL AFTERSCHOOL ALLIANCE'S

MOST INFLUENTIAL IN HEALTH & WELLNESS AWARD 2017





# THANK YOU

Sheree Vodicka, Executive Director  
NC Alliance of YMCAs  
[Sheree.vodicka@ymcatriangle.org](mailto:Sheree.vodicka@ymcatriangle.org)

# Member



# Future Meeting Announcements

Day	Date	Time	Location	Focus Area
Wednesday	Sept 20th	9:30 – 3:30	Embassy Suites, Cary, NC	Physical Activity - Walking
Thursday	Dec 7th	1:00 – 3:30	TBD	TBD

## Move More Walk Now

[movemorewalknowNC.com](http://movemorewalknowNC.com)

Sponsored by  
Eat Smart,  
Move More NC



### Participate in a walkability audit in a local neighborhood and LEARN:

- Ways to promote walkability in your community.
- How to create "pop-ups" and ways to make your neighborhood more walkable.
- About [movemorewalknowNC.com](http://movemorewalknowNC.com).

## WORKSHOP REGISTRATION FORM

WEDNESDAY, SEPTEMBER 20, 2017 | 9:30–3:30  
EMBASSY SUITES | 201 HARRISON OAKS BLVD., CARY, NC

This workshop is for anyone interested in learning more about supporting walking efforts in their community.

**MARK FENTON**, our workshop facilitator, is a national public health, planning, and transportation consultant and former host of the *America's Walking* series on PBS television. He's a vocal advocate for non-motorized transportation and a recognized authority on community and environmental initiatives to encourage more walking.



**Registration Fee:** \$25.00

**Deadline:** September 8, 2017

Checks only; make payable to:  
**Foundation for Health  
Leadership and Innovation**

### Mail registration form and check to:

Alicia Clark  
NC Division of Public Health  
Community and Clinical Connections  
for Prevention and Health Branch  
1915 Mail Service Center  
Raleigh, NC 27699-1915

Name: \_\_\_\_\_

Organization/Agency: \_\_\_\_\_

Address: \_\_\_\_\_

Email Address: \_\_\_\_\_

Phone: \_\_\_\_\_



# Meeting Feedback Form

- Please share your feedback
- Leave on table

# Thank You!