



## **After School Programs – A Review of Healthy Kids Challenge® Concepts, Strategies, Resources and Support with Alliance for a Healthier Generation’s, HOST (Healthy Out-of-School Time) Framework**

### *Description of HOST:*

*HOST (Healthy Out of School Time) Framework, recently developed by the Alliance for a Healthier Generation, encompasses the national Afterschool Association Standards for Healthy Eating and Physical Activity which will be approved this year as part of industry accreditation language by the Council on Accreditation. The Alliance for a Healthier Generation developed the framework in response to “a growing number of intervention studies that provide evidence that intentional efforts during out-of-school time (afterschool programs, community centers, faith-based organizations, summer camps, parks & recreation facilities, etc.) can improve the eating environment and increase physical activity opportunities for youth.”*

The following information presented in the HOST Framework identifies how Healthy Kids Challenge® resources, training, and support use and help programs meet the six HOST Healthy Eating (HE) standards and best practices.

### **HOST Healthy Eating (HE) Standards and Best Practices**

**HOST STANDARD HE 01: Content and Quality.** Our organization serves foods and beverages in amount and types that promote lifelong health and help prevent chronic disease.

#### **How Healthy Kids Challenge® resources, training and assistance help programs meet HE 01 Standard:**

HE 01 standards all specify practice guidelines for the foods served. Healthy Kids Challenge® nutrition lessons and activities are HECAT-HE (Centers for Disease Control, Health Education Analysis Tool-Healthy Eating) compliant. The knowledge, attitude, and behavior based nutrition education compliments the healthy food guidelines identified. In addition, Healthy Kids Challenge® provides workshops and assistance for meeting the HealthierUS School Challenge and other meal regulations.

**HOST STANDARD HE 02: Staff Training.** Our staff regularly participates in learning about healthy eating grounded in effective training models using content that is evidence-based.

#### **How Healthy Kids Challenge® resources, training and assistance help programs meet HE 02 Standard:**

Every Healthy Kids Challenge® staff training is comprehensive, based on the most credible research (lessons meet CDC – HECAT standards), and is delivered by registered, licensed dietitians with years of successful experience. Lessons and activities are void of brand names and do not support a particular industry or food sector agenda. The trainings are hands on so that staff are able to practice what they are learning. Participants are also given the opportunities for assistance with challenges and perceived barriers. In addition, Healthy Kids Challenge® offers follow up support. HKC individualizes each staff training to meet the needs and circumstances identified by the program.

**HOST STANDARD HE 03: Nutrition Education Curriculum.** Our organization offers evidence-based nutrition education.

**How Healthy Kids Challenge® resources, training and assistance help programs meet HE 03 Standard:**

Healthy Kids Challenge® nutrition education is based on the social cognitive theory and the socio-ecological model. Social cognitive theory seeks to affect health knowledge, self-regulatory skills (motivation and decision-making), and self-efficacy (confidence level) by offering lessons and activities that teach and provide practice for the development of these skills. The Healthy Kids Challenge® “Hear (knowledge)-See (practice skills)-Do (set goals)” approach emphasizes commitment to promote both passive and active learning within every aspect of the program. Goal setting is a key feature of lessons.

Six evidence-based healthy behaviors identified by Dietary Guidelines for Americans, MyPlate, Centers for Disease Control and Prevention in HECAT standards and through studies by other leading health experts are the foundation for content and skills development.

The healthy behaviors (with references) are:

- Eat a healthy breakfast daily (Breakfast GO Power)  
Nutritionally and academically, breakfast is an important meal. Studies show eating breakfast helps maintain a healthy weight and improves concentration at school or work.

<sup>1</sup>*Basch, CE. Breakfast and the Achievement Gap Among Urban Youth; Journal of School Health 2011; 81(10):635-40.*

<sup>2</sup>*Timlin MT, Pereira MA, Story M, Dianne Neumark-Sztainer D. Breakfast Eating and Weight Change in a 5-Year Prospective Analysis of Adolescents: Project EAT (Eating Among Teens). Pediatrics Vol. 121 No. 3 March 1, 2008 pp. e638 -e645 (doi: 10.1542/peds.2007-1035)*

- Fill half your plate with fruits and veggies (Fruits & Veggies – Every Day the Tasty Way)  
MyPlate and the Centers of Disease Control and Prevention identify fruit and veggie intake as one of the most important health behaviors. With plenty of vitamins, minerals and fiber, they are one of the answers to a healthier weight and disease prevention.

<sup>1</sup>*Oyebode O, Gordon-Dseagu V, Walker A, Mindell, JS. Fruit and vegetable consumption and all-cause, cancer and CVD mortality: analysis of Health Survey for England data J Epidemiol Community Health doi:10.1136/jech-2013-203500*

<sup>2</sup>*Centers for Disease Control and Prevention. State Indicator Report on Fruits and Vegetables, 2013. <http://www.cdc.gov/nutrition/downloads/State-Indicator-Report-Fruits-Vegetables-2013.pdf>.*

- Make healthy beverage choices (Drink Think)  
Beverages high in sugar and fat are more available and popular, making Drink Think increasingly important.

<sup>1</sup>Ranjit N, et.al. *Dietary and Activity Correlates of Sugar-Sweetened Beverage Consumption Among Adolescents Pediatrics*. Published online September 27, 2010  
doi:10.1542/peds.2010-1229.

<sup>2</sup>Bray GA, Popkin BM. Calorie-sweetened beverages and fructose: what have we learned 10 years later. *Pediatr Obes*. 2013 Aug;8(4):242-8.

- Choose appropriate serving sizes (Smart Servings)  
Portion distortion abounds in foods. Healthy balance is dependent on choosing appropriate portion sizes.

<sup>1</sup>Steenhuis I, Willemijn M, *Portion size: review and framework for interventions*.  
*Int J Behav Nutr Phys Act*. August 21, 2009; 6:58 Published online.

<sup>2</sup>Rolls BJ, et.al. *Increasing the portion size of a sandwich increases energy intake*. *J Am Diet Assoc*. 2004; 104:367-372.

- Each day, balance food choices with physical activity (Active Play, Balance My Day)  
Physical activity through the day improves academics and health. Every nutrition curriculum lesson includes a "Move and Learn" activity.

<sup>1</sup>Donnelly JE, Lambourne K. *Classroom-based Physical Activity, Cognition, and Academic Achievement*; *Prev Med* 2011; 52 Suppl 1:S36.

<sup>2</sup>Davis CL, Tomporowski PD, McDowell JE, Austin BP, Miller PH, Yanasak NE, Allison JD, and Naglieri JA. *Exercise improves executive function and achievement and alters brain activation in overweight children: A randomized, controlled trial*; *Health Psychology* 2011; 30(1): 91-98.

- Choose snack and other foods that are lower in fat, added sugar, and salt (Snack Attack)  
Snacks high in fat, salt and added sugar have been a norm; television viewing influences behavior. HKC ideas and lessons help build skills and solutions for healthier snack habits and balanced choices.

<sup>1</sup>Reedy J, Krebs-Smith SM. *Dietary sources of energy, solid fats, and added sugars among children and adolescents in the United States*. *J Am Diet Assoc*. 2010 Oct;110(10):1477-84. doi: 10.1016/j.jada.2010.07.010

<sup>2</sup>Harris JL, Bargh JA, Brownell KD. *Priming Effects of Television Food Advertising on Eating Behavior* *Health Psychology, American Psychological Association* 2009, Vol. 28, No. 4, 404-413

Not only is the HKC curriculum aligned with the latest evidenced based content and strategies, the lessons are fun and appealing for both educators and children. Educators also find flexibility in the way in which lessons can be taught. The curriculum has been taught in classrooms, youth organizations and afterschool programs.

Examples of flexibility of education in diverse environments include libraries that have received assistance for enhancing activities connected to reading and storytelling. With HKC assistance and training, other afterschool programs have easily identified opportunities to integrate lessons into their daily activities. As acknowledged in the testimonial below, one large metropolitan network of YMCA afterschool programs successfully uses their afterschool snack break as a time to deliver a simple nutrition message from the HKC *Balance My Day* nutrition curriculum, and then engage the kids in a nutrition activity while they enjoy a healthy snack.

*“Healthy Kids Challenge® curriculum is so much fun! It allows students to develop their nutrition knowledge and practice healthy behaviors at the same time. Students love the hands on opportunity to create a healthy snack and share it with their family. Healthy Kids Challenge® curriculum, training, and distance assistance have provided us with the tools to help our students make healthy choices!”*  
*Testimonial, YMCA Project Manager*

**HOST STANDARD HE 04: Social Support.** Our organization and staff create a social environment (including positive relationships among staff, youth, families and community) that encourages children to enjoy healthy foods.

**How Healthy Kids Challenge® resources, training and assistance help programs meet HE 04 Standard:**

As identified previously, HKC resources and training are designed based on social cognitive theory (behaviors are based on more than knowledge) and the socio ecological model which identifies the importance of support from the staff, family, peers and the community. Best practices include:

- Food and beverages are not used as a reward or punishment.
- Events and celebrations with food and beverages meeting USDA Smart Snacks in School or rely on non-food items.
- Youth participation in taste tests and food and beverage selections. Nutrition curriculum provides opportunities for food preparation and clean-up.
- Staff wellness and modeling with youth.
- Family and community connections such as fun parent-community learning events (such as Explore MyPlate) and photo-copy ready healthy tips for family handouts. The curriculum has options for easy to prepare recipes with lessons (*Taste and Learn*); and these recipes are also available as a resource for families.
- Lessons that encourage students to discuss healthy practices, goal set healthy change and ask for family (and peer) support.

**HOST STANDARD HE 05: Organizational Support.** Our organization supports healthy eating through management and budgeting practices.

**How Healthy Kids Challenge® resources, training and assistance help programs meet HE 05 Standard:**

As identified previously, HKC training includes staff wellness and modeling. In addition, HKC registered dietitian trainers are current with the latest USDA, HealthierUS School Challenge, Child and Adult Care Food Program (CACFP), National School Lunch Program (NSLP), and Summer Food Service Program (SFSP) guidelines and standards.

**HOST STANDARD HE 06:** Environment Support. Our organization's physical environment supports healthy eating.

**How Healthy Kids Challenge® resources, training and assistance help programs meet HE 06 Standard:**

HKC recognizes and addresses multidimensional strategies of social marketing, education, and the environment for support of healthy kids and families.

Success using HKC's comprehensive approach is demonstrated in a survey of 34 community youth program leaders who participated in 2-3 year socio-ecological framework interventions (including staff wellness) to support healthy eating and physical activity:

- 4 programs reported decreased employee absences and/or health insurance costs
- 20 programs reported change in daily practices
- 13 programs reported environmental changes to support healthy eating/physical activity

The same community youth program survey also identified the level of commitment for using Healthy Kids Challenge® lessons and sustaining socio-ecological model interventions to support healthy eating and physical activity:

Community youth leader's commitment to sustain actions for healthy eating:

- 26% – exceptionally high
- 28% – very high
- 29% – high
- 6% – good

Community youth leader's commitment to sustain actions for physical activity:

- 29% – exceptionally high
- 35% – very high
- 26% – high
- 6% – good
- 3% – somewhat okay

## About Healthy Kids Challenge®

Healthy Kids Challenge® (HKC) is a nationally recognized, award winning program.

Healthy Kids Challenge® trains and provides resources, including nutrition curriculum and activities, to teachers and youth leaders. HKC's unique approach of "Hear (knowledge based information); See (see how to make and then practice decision making skills); and Do (set and meet goals for healthy behaviors)" has helped make a healthy difference for kids across the United States.

Healthy Kids Challenge® resources align with the Healthy Out-of-School Time Framework. The curriculum, *Balance My Day*, aligns with both the recommendations set forth by the Academy of Nutrition and Dietetics' GENIE tool (A Guide for Effective Nutrition Interventions and Education) and the Centers for Disease and Prevention Health Education Analysis Tool – Healthy Eating (HECAT-HE).

Healthy Kids Challenge® (HKC) resources have been assessed and recommended by recognized nutrition education agencies such as Illinois NET (Nutrition Education Training), the Los Angeles Unified School District, and Indiana TEAM Nutrition. HKC has also been on the advisory board for the development of the CDC Health Education Analysis Tool (HECAT) – Healthy Eating and provided consultation and development of resources for the Cooper Institute's Nutri-Gram and the Fuel Up to Play 60 program.

In addition, collaborative work is in progress with Ohio State University Extension in implementing and evaluating a comprehensive nutrition education approach (environment, education, policy) in the classroom, after school, and summer programs.