

CREATING HEALTHIER AFTERSCHOOL ENVIRONMENTS

Creating healthier afterschool environments is a strategy to improve nutrition and physical activity policies & practices through the Out of School Nutrition and Physical Activity (OSNAP) initiative for children in grades K-5 attending state-administered 21st Century Learning afterschool programs.

WHAT POPULATION BENEFITS?

Children in grades K-5 attending state-administered 21st Century Learning afterschool programs.

WHAT ARE THE ESTIMATED BENEFITS?

Relative to not implementing the strategy

Increase vigorous physical activity and improve nutritional quality of snacks and beverages offered in afterschool programs, and, in turn, promote healthy child weight.



✓ Increase in vigorous physical activity



✓ Promote healthy child weight



✓ Improvement in nutritional quality of snacks

➔ More details available on the CHOICES National Action Kit at choicesproject.org/actionkit

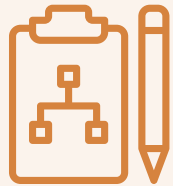
WHAT ACTIVITIES AND RESOURCES ARE NEEDED?

Activities	Resources	Who Leads?
Issue regulations to improve nutrition and physical activity policies and practices in afterschool programs	<ul style="list-style-type: none"> Time to issue and communicate regulations 	State government
Provide training and technical assistance to regional Healthy Afterschool trainers on how to lead learning collaborative sessions	<ul style="list-style-type: none"> Time for state Healthy Afterschool coordinator to lead trainings and provide technical assistance Time for regional Healthy Afterschool trainers to be trained and receive technical assistance Travel costs Training material costs 	State healthy afterschool coordinator
Conduct regional learning collaboratives with afterschool program staff including training and technical assistance on goals and implementation activities	<ul style="list-style-type: none"> Time for regional Healthy Afterschool trainers to lead learning collaboratives and provide technical assistance Time for afterschool program staff to attend learning collaboratives and receive technical assistance Training material costs Travel costs 	Regional healthy afterschool trainer

CREATING HEALTHIER AFTERSCHOOL ENVIRONMENTS *(continued)*

WHAT ACTIVITIES AND RESOURCES ARE NEEDED? *(continued)*

Activities	Resources	Who Leads?
Assess and implement actions to change program practices to meet Healthy Afterschool standards	<ul style="list-style-type: none">• Time for afterschool program staff to conduct program practice self-assessments and implement changes at their program• Increase in food costs to provide snacks in compliance with nutrition standards to children attending Healthy Afterschool programs	Afterschool program director
Develop CEU-accredited course for local program staff	<ul style="list-style-type: none">• Cost to create a CEU-accredited course	State healthy afterschool coordinator
Provide educational materials and incentives to local program staff	<ul style="list-style-type: none">• Material and incentive costs	State government
Monitor compliance to ensure afterschool programs are following programmatic requirements	<ul style="list-style-type: none">• Time for state monitoring and compliance staff to monitor compliance• Travel costs	State government monitoring and compliance staff
Establish a Healthy Afterschool recognition and monitoring website	<ul style="list-style-type: none">• Time to create and maintain website	State government website developer



Strategy Modification

This strategy could be modified to benefit children who participate in out-of-school programs administered by other organizations (e.g., YMCA or Boys and Girls Club of America). With this modification, the activities necessary to carry out the voluntary recognition program may not be included (e.g., issuing regulations, creating a healthy afterschool nutrition website, and monitoring compliance). With this modification, the impact on health is expected to be similar, and the impact on reach and cost may vary.

FOR ADDITIONAL INFORMATION

Cradock AL, Barrett JL, Kenney EL, Giles CM, Ward ZJ, Long MW, Resch SC, Pipito AA, Wei ER, Gortmaker SL. Using cost-effectiveness analysis to prioritize policy and programmatic approaches to physical activity promotion and obesity prevention in childhood. *Prev Med.* 2017 Feb;95 Suppl: S17-S27. doi: 10.1016/j.ypmed.2016.10.017. Supplemental Appendix with strategy details available at: <https://ars.els-cdn.com/content/image/1-s2.0-S0091743516303395-mmc1.docx>

- ✓ Browse more CHOICES research briefs & reports in the CHOICES Resource Library at choicesproject.org/resource-library
- ✓ Explore and compare this strategy with other strategies on the CHOICES National Action Kit at choicesproject.org/actionkit

SUGGESTED CITATION

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Adapted from the TIDieR (Template for Intervention Description and Replication) Checklist

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