

# 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.**

## 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 Childhood Obesity National Action Kit [here](#).

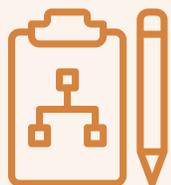
## WHAT ACTIVITIES AND RESOURCES ARE NEEDED?

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

## CREATING HEALTHIER AFTERSCHOOL ENVIRONMENTS *(continued)*

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

Activities	Resources	Who Leads?
Provide technical assistance on goals and implementation activities identified in learning collaborative sessions	<ul style="list-style-type: none"><li>• Time for regional Healthy Afterschool trainers to provide technical assistance</li><li>• Time for local Healthy Afterschool program staff to receive technical assistance</li></ul>	Regional healthy afterschool trainer
Assess and implement actions to change program practices to meet Healthy Afterschool standards	<ul style="list-style-type: none"><li>• Time for afterschool program staff to conduct program practice self-assessments and implement changes at their program</li><li>• Increase in food costs to provide snacks in compliance with nutrition standards to children attending Healthy Afterschool programs</li></ul>	Afterschool program director
Develop CEU-accredited course for local program staff	<ul style="list-style-type: none"><li>• Cost to create a CEU-accredited course</li></ul>	State healthy afterschool coordinator
Provide educational materials and incentives to local program staff	<ul style="list-style-type: none"><li>• Material and incentive costs</li></ul>	State government
Monitor compliance to ensure afterschool programs are following programmatic requirements	<ul style="list-style-type: none"><li>• Time for state monitoring and compliance staff to monitor compliance</li><li>• Travel costs</li></ul>	State government monitoring and compliance staff
Establish a Healthy Afterschool recognition and monitoring website	<ul style="list-style-type: none"><li>• Time to create and maintain website</li></ul>	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 [supplemental appendix]. *Preventive Medicine*. 2017 Feb;95 Suppl: S17-S27. doi: 10.1016/j.ypmed.2016.10.017. Available at: <https://ars.els-cdn.com/content/image/1-s2.0-S0091743516303395-mmc1.docx>

- ✓ Browse more CHOICES research briefs & reports [here](#).
- ✓ Explore and compare this strategy with other strategies on the CHOICES Childhood Obesity National Action Kit [here](#).

### SUGGESTED CITATION

CHOICES Strategy Profile: Creating Healthier Afterschool Environments. CHOICES Project Team at the Harvard T.H. Chan School of Public Health, Boston, MA; October 2022.

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

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