

# NEW OPPORTUNITIES FOR HEALTHY AFTERSCHOOL PROGRAMS

**Providing school-age children in grades K-5 attending Title I public schools with free state-administered afterschool programs that include 80 minutes of physical activity, a healthy snack, academic enrichment, and homework assistance.**

## WHAT POPULATION BENEFITS?

Children in grades K-5 who experience low income and are not currently participating in afterschool programs but would if programs were available.

## WHAT ARE THE ESTIMATED BENEFITS?

*Relative to not implementing the strategy*

Increase moderate-to-vigorous physical activity and, in turn, promote healthy child weight.



✓ Increase in moderate-to-vigorous physical activity



✓ Promote healthy child weight

## WHAT ARE THE ADDITIONAL BENEFITS?

*Relative to not implementing the strategy*

**The costs of implementing this strategy could be offset by savings from...**

↓ Decrease in time cost of parent, relative, and non-relative caregivers to provide care for children newly attending afterschool programming

➔ More details available on the CHOICES National Action Kit at [choicesproject.org/actionkit](http://choicesproject.org/actionkit)

## WHAT ACTIVITIES AND RESOURCES ARE NEEDED?

Activities	Resources	Who Leads?
<b>Administer funding and coordinate afterschool programming</b>	<ul style="list-style-type: none"> <li>Time of federal and state directors to lead administration and funding of afterschool programs in each state</li> <li>Time of federal, state, and district coordinators to coordinate afterschool programming and funding</li> </ul>	Federal and state directors
<b>Coordinate transportation for children attending afterschool programs</b>	<ul style="list-style-type: none"> <li>Time of district transportation coordinator</li> </ul>	School district transportation coordinator

## NEW OPPORTUNITIES FOR HEALTHY AFTERSCHOOL PROGRAMS *(continued)*

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

Activities	Resources	Who Leads?
<b>Train afterschool program site directors and staff and school district food service directors to operate the afterschool programs</b>	<ul style="list-style-type: none"> <li>• Time of state physical activity training facilitator to lead annual trainings</li> <li>• Time for afterschool program site directors and staff (teachers and paraprofessionals) to attend annual trainings</li> <li>• Time for school district food service directors to attend annual trainings on operating a healthy afterschool snack program</li> </ul>	State physical activity training facilitator
<b>Purchase physical activity curricula, equipment, and materials for operating afterschool programs</b>	<ul style="list-style-type: none"> <li>• Cost of physical activity curricula and equipment</li> <li>• Cost of afterschool program handbook provided to families</li> </ul>	School district coordinator
<b>Provide afterschool snacks that meet USDA afterschool snack program guidelines from the National School Lunch Program or the Child and Adult Care Food Program</b>	<ul style="list-style-type: none"> <li>• Cost of snacks</li> </ul>	School district food service director
<b>Provide afterschool programming</b>	<ul style="list-style-type: none"> <li>• Time of afterschool program site director</li> <li>• Time of afterschool program staff (teachers and paraprofessionals)</li> <li>• Time of school custodial staff to clean afterschool program space</li> </ul>	Afterschool program site director
<b>Provide transportation home from afterschool programs</b>	<ul style="list-style-type: none"> <li>• Cost of bus transportation</li> </ul>	School district transportation coordinator

### 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>

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- ✓ Explore and compare this strategy with other strategies on the CHOICES National Action Kit at [choicesproject.org/actionkit](https://choicesproject.org/actionkit)

### SUGGESTED CITATION

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