

CHOICES Community of Practice

October Coffee Chat Resource Round-up

This document compiles resources shared during the October 31, 2024 coffee chat: *Creating Healthier Spaces for Kids: Promoting Healthy Eating, Physical Activity, & Health Equity in Out-of-School Time*. This coffee chat included a discussion of out-of-school time and why it's such an important opportunity to promote healthy eating, physical activity, and health equity among youth. [Recording](#) | [Presentation Slides](#)

Guest Speaker:

- **Kate Goddard** | Project Director for the Collaborative for Advancing Health Equity in Out-of-School Time at the Education Development Center

If you have any questions or are interested in learning more, feel free to contact Kate at kgoddard@edc.org.

Resources & links shared during the coffee chat

Collaborative for Advancing Health Equity in Out-of-School Time

<https://naaweb.org/page/NAACollaborativeforAdvancingHealthEquityinOST>

National AfterSchool Association

- Website: <https://naaweb.org>
- Convention Information: <https://na.eventscloud.com/website/77240>
- NAA State Affiliates: <https://naaweb.org/page/Affiliates>

Education Development Center

<https://edc.org>

Centers for Disease Control and Prevention: What is Health Equity?

<https://www.cdc.gov/health-equity/what-is>

America After 3PM, Demand Grows, Opportunity Shrinks (2020)

<https://afterschoolalliance.org/documents/AA3PM-2020/National-AA3PM-2020-Fact-Sheet.pdf>

Afterschool Alliance, This is Afterschool (2022)

<https://afterschoolalliance.org/documents/National-This-is-Afterschool-2022.pdf>

Afterschool Today, Health Equity, National AfterSchool Association (2023)

<https://www.flipsnack.com/8857BBDD75E/fall-2023-afterschool-today/full-view.html>

A Big-Picture Approach to Wellness: Afterschool Supporting Strong Bodies and Minds, Afterschool Alliance

https://afterschoolalliance.org/documents/issue_briefs/issue_hepa_sel_72.pdf

Collection of Evidence-Based Strategies for School Nutrition and Physical Activity, *Journal of School Health*

<https://onlinelibrary.wiley.com/toc/17461561/93/9>

HEPA Standards, National AfterSchool Association

https://cdn.ymaws.com/naa.site-ym.com/resource/collection/38DF3B2B-5AEF-4BF9-93C9-5516CFF6A2F1/HEPA_Standards_2.0.pdf

HEPA Self-Assessment, National AfterSchool Association

https://cdn.ymaws.com/naa.site-ym.com/resource/collection/38DF3B2B-5AEF-4BF9-93C9-5516CFF6A2F1/HEPA_Standards_Self-Assessment_Tool-Editable.pdf

Integrating Out-of-School Time Across the WSCC Framework, CDC

https://www.cdc.gov/healthyschools/wsc/infographics/SHB-WSCC-Integrating-OST_th-508.pdf

National OST Organizations:

4-H

<https://4-h.org>

This work is supported by The JPB Foundation and the Centers for Disease Control and Prevention (U48DP006376). The findings and conclusions are those of the author(s) and do not necessarily represent the official position of the Centers for Disease Control and Prevention or other funders.

50 State Afterschool Network

<https://50stateafterschoolnetworks.org>

Afterschool Alliance

<https://www.afterschoolalliance.org>

Cooperative Extension Services

<https://www.nifa.usda.gov/about-nifa/how-we-work/extension/cooperative-extension-system>

Engage Every Student (Department of Education)

<https://engageeverystudent.org>

National Center on Afterschool and Summer Enrichment (Office of Child Care)

<https://childcareta.acf.hhs.gov/center/national-center-afterschool-and-summer-enrichment>

Out-of-School Nutrition and Physical Activity Initiative (OSNAP), Prevention Research Center on Nutrition and Physical Activity at the Harvard T.H. Chan School of Public Health

<https://osnap.org>

Evidence Base for OSNAP

<https://osnap.org/evidence-base-for-osnap>

OSNAP Resource Library

<https://osnap.org/resource-library>

MyOSNAP (free to create an account)

<https://osnap.org/myosnap>

CHOICES Project Brief: Creating Healthier Afterschool Environments (OSNAP) in Boston, MA

<https://choicesproject.org/publications/brief-osnap-bos>

CHOICES Project Strategy Report: Creating Healthier Afterschool Environments (OSNAP)

<https://choicesproject.org/publications/healthy-afterschool-report>

ABOUT THE CHOICES COMMUNITY OF PRACTICE

The CHOICES Community of Practice is an initiative of the CHOICES Project at the Harvard T.H. Chan School of Public Health. The CHOICES Community of Practice includes people whose work focuses on advancing obesity prevention, healthy eating, and active living and want to learn more about how cost-effectiveness analysis can advance their efforts and address health equity. **Sign up to access tools and resources, connect with members, and more!** Learn more about CHOICES: <https://choicesproject.org>

- ⇒ Learn more about the Prevention Research Center on Nutrition and Physical Activity at the Harvard T.H. Chan School of Public Health <https://www.hsph.harvard.edu/prc>
- ⇒ Visit the CHOICES Community of Practice: <https://choicesproject.org/comm-of-practice>