

CHOICES Community of Practice January Coffee Chat Resource Round-up

This document compiles resources shared during the January 23, 2025 coffee chat: *Creating Healthier Spaces for Kids: A Walkthrough of OSNAP Resources for Out-of-School Time*. This coffee chat featured an in-depth overview of resources from the Out-of-School Nutrition and Physical Activity (OSNAP) initiative including a discussion of how you can implement this evidence-based intervention in your program, city, or state. [Recording](#) | [Presentation Slides](#)

Guest Speaker:

- **Bekka Lee**, Co-Investigator, Prevention Research Center on Nutrition and Physical Activity and Lecturer, Department of Social and Behavioral Sciences, Harvard T.H. Chan School of Public Health; Director, Community Engagement Program, Harvard Catalyst, The Harvard Clinical and Translational Science Center

Resources shared during the coffee chat

Out-of-School Nutrition and Physical Activity (OSNAP) Initiative website

The Out-of-School Nutrition and Physical Activity Initiative (OSNAP) is an evidence-based initiative that helps out-of-school time programs improve practices and policies to help kids move more and eat healthier snacks.

<https://osnap.org>

- **MyOSNAP**

Using MyOSNAP, you can create an account for free for your program to assess how closely your program practices and policies align with the OSNAP goals, and then create a customized action plan for creating healthy changes at your program. Programs can also work together in a [Learning Community](#). If you'll be leading a Learning Community and want to assess the progress of multiple programs, send us an email at hprc@hsph.harvard.edu.

<https://osnap.org/myosnap>

- **Learning Communities – Key Materials**

OSNAP Learning Communities work by bringing together afterschool providers to share and learn from one another and set goals to promote health in their programs. In the OSNAP Learning Communities, participants develop knowledge and skills to promote physical activity and healthy snacks, share barriers and successes, and create action plans in program teams. Key materials include:

- ⇒ **OSNAP Implementation Guide**

A step-by-step guide to help implement OSNAP.

https://osnap.org/resource-library/?_sf_s=implementation%20guide

- ⇒ **OSNAP Learning Community Facilitation Handbook**

A guide to organizing and leading OSNAP Learning Community meetings.

https://osnap.org/resource-library/?_sf_s=facilitation%20handbook

- **OSNAP Resource Library**

Browse OSNAP resources in the Resource Library, which includes materials developed by the OSNAP team, as well as other organizations, to assist you in offering children opportunities to be physically active and eat healthy during afterschool time.

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

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

This strategy report describes the projected national population reach, impact on health and health equity, implementation costs, and cost-effectiveness for an effective strategy to improve child health: creating healthier afterschool environments (OSNAP). This information can help inform decision-making around promoting healthy weight.

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

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

This brief summarizes a CHOICES Learning Collaborative Partnership model examining the implementation of the Out of School Nutrition and Physical Activity (OSNAP) initiative that helps afterschool programs improve practices and policies that increase physical activity and consumption of healthy snacks.

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

OSNAP – Better Kid Care at Penn State Extension

Better Kid Care provides evidence-informed professional development to early care and education and youth development professionals to improve the quality of their care and educational practices. Online training is available for child care professionals with more than 300 relevant courses. OSNAP has been developed into a CEU-eligible on-demand module via Better Kid Care.

<https://extension.psu.edu/programs/betterkidcare/lessons/osnap>

Other resources

OSNAP – SNAP-ED Connection at the U.S. Department of Agriculture

OSNAP is also available on the SNAP-Ed Connection website through the U.S. Department of Agriculture.

<https://snaped.fns.usda.gov/library/intervention/out-of-school-nutrition-and-physical-activity-%28osnap%29>

National AfterSchool Association

The National Afterschool Association is the professional membership association for people who work with and for youth during Out-of-School time. NAA fosters positive youth outcomes by supporting, developing, and advocating for afterschool professionals and leaders. The Association is the leading network of OST professionals.

<https://naaweb.org>

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>