

AFTER SCHOOL PROGRAMS IMPROVE HEALTHY BEHAVIORS

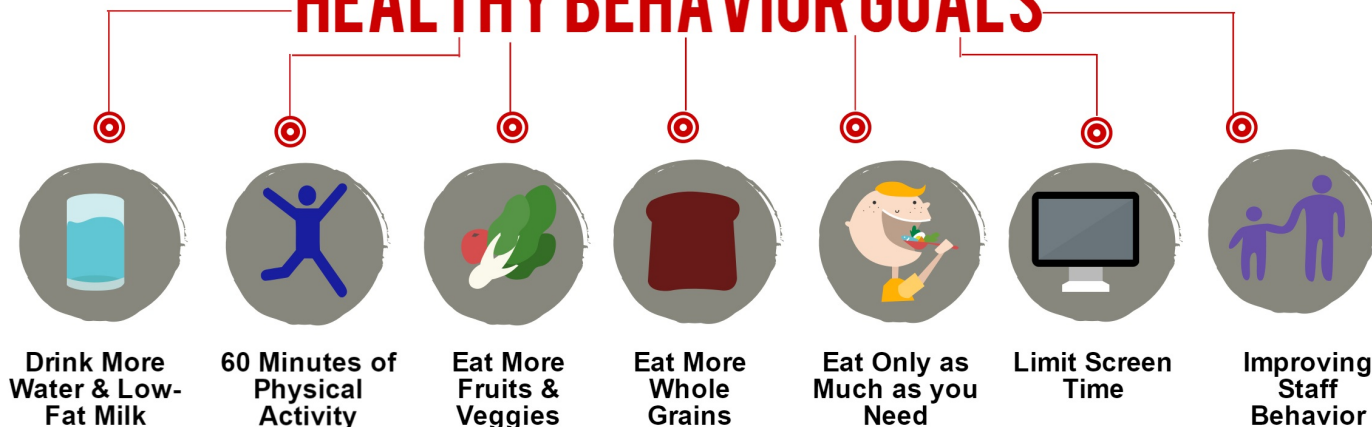
Championing for Healthy Kids in Rochester

After School

After school has become the new neighborhood. In some cases, children in the city have no other place in the community where they can play and just be a kid. Across the nation over 8 million children and youth spend on average 8 hours a week in after school programs. Given the time each week children spend in after school programs, they are a valuable tool to support the growth, development and health of a child. Incorporating healthy behaviors into the daily routine of an after school program can increase physical activity in children, improve nutrition, and lead to a healthy weight.



HEALTHY BEHAVIOR GOALS



After school programs opted to work on improving staff behavior; getting children to eat more fruits and vegetables; and finding innovative ways for kids to get 60 minutes of daily physical activity.

After School Partnership with Healthi Kids

Over the last four years, Healthi Kids partnered with 19 after school programs at 16 locations in the City of Rochester with the common goal of improving children's healthy behaviors. Working together, partner programs selected healthy behavior goals that they would like to work on. Examples include limiting outside food and drinks, or increasing opportunities for physical activity in the program. Healthi Kids provided technical assistance and materials to help programs reach their goals.

Healthi Kids revisited each site to assess if changes have been sustainable, and to examine if there are other opportunities for collaboration.



**OUR WORK TOGETHER
REACHES 4,597
CHILDREN IN
ROCHESTER**

Results

Our work together has led to a number of sustainable changes in after school programs. Programs have adopted new policies that improve healthy behavior such as: limiting the use of handheld video games; celebrating special occasions with only healthy snacks; allowing children to help prepare snacks and meals; and prohibiting outside food and drinks.

The intervention has also led to new initiatives within after school programs such as: the addition of clubs and active learning in curriculum; additional training for after school staff; and cooking lessons for children and their families.

Our partner after school programs have shared with Healthi Kids they would like additional resources and technical assistance to continue working on their healthy behavior goals. Moving forward Healthi Kids will assemble a toolkit for providers and look into additional opportunities for staff training.



■ Increase Physical Activity ■ Decrease Screen Time
■ Eat More Fruits & Veggies ■ Drink More Water
■ Healthy Special Occasions ■ Improve Staff Behavior

Sustainable Changes in Programs



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