HEALTH: CHILD OBESITY

Wednesday, September 13, 1PM ET

The webinar will begin shortly.
AGENDA

ROADMAP OF NEED
Keith Poston, Public School Forum

CHILDHOOD OBESITY OVERVIEW
Cynthia Ervin, NC Department of Public Instruction

NC HEALTHY OUT-OF-SCHOOL TIME (NC HOST) RECOGNITION PROGRAM
Sherée Vodicka, NC Alliance of YMCAs
Capri McDonald, NC Department of Health and Human Services

ADVOCATES FOR HEALTH IN ACTION TOOLKIT
Michele McKinley, Advocates for Health In Action

QUESTIONS
Experiencing Delays?
Try closing out other programs running on your computer.

Audio Difficulties? Keep this number handy!
Dial: 1-408-638-0968
Meeting ID: 731-252-368

Have a question, comment or concern?
Use the group chat to interact with presenters.
The webinar will resume shortly.
GUEST PRESENTER

Keith Poston
Public School Forum
ROADMAP OF NEED

ECONOMIC DEVELOPMENT
[Median Household Income, Child Poverty, Unemployment Rate, Adults with Bachelor’s Degree, Single Parent Households]

EDUCATION
[Graduation Rate, 3rd Grade Reading Proficiency, Math I Proficiency, ACT Composite Score, Percentages of AMO Targets Met]

HEALTH
[Teen Pregnancy, Number of Physicians, Child Fatality, Child Food Insecurity, Child Obesity]

YOUTH BEHAVIOR AND SAFETY
[Juvenile Delinquency, Short-Term Suspension, Juvenile Detention Admissions, Children in DSS Custody, Child Abuse and Neglect]
ROADMAP OF NEED

QUARTILE 1 - Counties Ranked 1-25
QUARTILE 2 - Counties Ranked 26-50
QUARTILE 3 - Counties Ranked 51-75
QUARTILE 4 - Counties Ranked 75-100
The webinar will resume shortly.
GUEST PRESENTER

Cynthia Ervin
North Carolina Department of Public Instruction
CHILDHOOD OBESITY PREVENTION

The Benefit of School Nutrition Programs
The Reality of Being Overweight and Food Insecure

They are linked.

Key drivers of food insecurity in the past decade have been higher poverty, unemployment, and decreased home ownership. Families facing food insecurity may:

- Lack consistent access to healthy food.
- Have high levels of stress because of things like housing, finances, and health care.
- Choose inexpensive, calorie-dense foods over healthier options because they lack access to nutrient-dense alternatives.

Which leads to nutrient deficiencies... and OBESITY.
Nourish to Flourish

Food insecurity and being overweight are two of the biggest crises facing America's kids today. But they don't need to be. The solution lies in understanding the facts.

Food insecure

16 million kids

Overweight

23 million kids
Childhood Nutrition and Lifestyle Factors
HEALTH PROBLEMS RELATED TO OVERWEIGHT/OBESITY

- Heart disease
- High blood pressure
- Stroke
- High cholesterol
- Diabetes
- Gallstones
- Some types of cancer
- Asthma
- Trouble breathing during sleep
- Joint pain
- Arthritis
- Bladder control problems
- Depression and low self-esteem
POOR NUTRITION = POOR LEARNING

- Irritability = Behavior problems
- Difficulty concentrating and performing complex tasks
- Lower energy levels
- More illness = Miss more school
- Reduced brain function
- Lower standardized test scores
EAT SMART, READY TO LEARN

- More prepared to learn
- More likely to attend school and class
- Better able to take advantage of educational opportunities
MOVE MORE, LEARN MORE

- Increases concentration
- Increases math, reading and writing test scores
- Reduces disruptive behavior
- Improves mood and enhances positive attitude toward school
- Decreases absenteeism due to illness
- **EVEN** when physical education displaces classroom time
USDA CHILD NUTRITION PROGRAMS CAN HELP

School Breakfast Program
National School Lunch Program
School/Afterschool Snack Program
At-Risk Afterschool Program
Summer Nutrition Programs
SCHOOL MEALS CAN MAKE A DIFFERENCE

- Students who eat school meals consume more servings of milk, fruit and vegetables and fewer servings of soda and fruit drinks.

- Children gain more weight when out of school.
SMART START WITH BREAKFAST

- Increased math and reading scores
- Improved attention
- Improved behavior
- Improved attendance
- Reduced tardiness
- Reduced visits to nurse
Serve Tasty and Healthy Foods in the Child and Adult Care Food Program (CACFP)
Sample Meals for Children Ages 6-12 and 13-18

What is in a Breakfast?
- Milk (8 fl. oz. or 1 cup)
- Vegetables, Fruit, or Both (1/4 cup)
- Grains (1 serving)

1 Banana

Sample Breakfast

1 cup
1/2 cup

What is in a Lunch or Supper?
- Milk (8 fl. oz. or 1 cup)
- Meat/Meat Alternate (2 oz. eq.)
- Vegetables (1/4 cup)
- Fruit (1/4 cup)
- Grains (1 serving)

Sample Lunch/Supper

All grains served must be whole grain-rich or enriched. Breakfast cereals may also be fortified, at least one grain served each day must be whole grain-rich.

What is in a Snack?
- Pick 2:
  - Milk (8 fl. oz. or 1 cup)
  - Meat/Meat Alternate (1 oz. eq.)
  - Vegetables (1/4 cup)
  - Fruit (1/4 cup)
  - Grains (1 serving)

Sample Snack

Note: Serving sizes are minimums.

Updated USDA Child and Adult Care Food Program (CACFP) meal patterns must be implemented by October 1, 2017. Learn more about the CACFP meal patterns, including information on ounce equivalents (oz. eq.) and serving sizes at https://teamnutrition.usda.gov.

HOW CAN THE SUMMER MEALS PROGRAM HELP?

- Providing nutritious meals
  - Raising the bar on nutritional quality
  - Serving as the example

- Providing Activities
  - Physical
  - Social
  - Educational
  - Civic/Community Service

https://www.fns.usda.gov/tn/summer-food-summer-moves
TEAM NUTRITION RESOURCES

- **Summer Food, Summer Moves Tool Kit**
  - Theme Based Nutrition Education Activities
  - Physical Activities for Various Age Groups
  - Parent Handouts
  - Kid Friendly Recipes
HOW TO BUILD A HEALTHY PLATE

- Serve a variety of Vegetables - all subgroups
- Serve whole fruit and limit juices
- Service half the grains – whole
- Choose fat free or low-fat dairy
- Service a variety of lean protein food and meat alternatives
- Make water available
- Limit sodium, solid fats and added sugar
MEAL SERVICE MEAL PATTERN REQUIREMENT

Breakfast:

- One 8 fluid oz. serving of milk
- One ½ cup serving of vegetable or fruit
  - 100% juice
- One serving of bread or grains
  - 1 slice of bread
  - ¾ cup or 1 oz. of cold cereal
  - ½ cup of cooked cereal or pasta
Lunch or Supper:

- One 8 fluid oz. serving of milk
- Two or more $\frac{3}{4}$ cup total serving of vegetable or fruit
  - 100% juice allowed to meet $\frac{1}{2}$ of total
- One serving of bread or grains
- One 2 oz. serving of meat or meat alternate
Snack:
- Must contain two food items
  - Each item must be from a different food component of the four listed:
    - One 8 fluid oz. serving of milk
    - One ¾ cup serving of vegetable or fruit
      - 100% juice
    - One serving of bread or grain
    - One 1 oz. serving of meat or meat alternate
Childhood Obesity Prevention;
The Benefit of School Nutrition Program
CONTACT

Cynthia D. Ervin, MBA, RD, LDN

Cynthia.Ervin@dpi.nc.gov

919-807-3505
The webinar will resume shortly.
Sherée Vodicka
North Carolina Alliance of YMCAs
GUEST PRESENTER

Capri McDonald
North Carolina Department of Health and Human Services
NORTH CAROLINA HEALTHY OUT OF SCHOOL TIME RECOGNITION PROGRAM
BACKGROUND
UNIVERSITY OF MASSACHUSETTS BOSTON & Y-USA FOUNDED THE HEALTHY OUT-OF-SCHOOL TIME COALITION IN JANUARY 2009 WITH FUNDING FROM ROBERT WOOD JOHNSON FOUNDATION
HOST COALITION MEMBERS

• Action for Healthy Kids
• Active Living Research
• Afterschool Alliance
• AfterSchool AllStars
• Alliance for a Healthier Generation (AFHG)
• American Camp Association
• American Heart Association
• Association of State and Territorial Health Officials (ASTHO)
• A World Fit for Kids
• Boys and Girls Club of America
• Bridging the Gap
• CANFIT
• Center for Collaborative Solutions
• Centers for Disease Control
• EasterSeals
• Food Research Action Center (FRAC)
• Forum for Youth Investment
• Healthy Kids Out of School
• Mission Readiness
• National Afterschool Association
• National Center on Healthy, Physical Activity, and Disability (NCHPAD)
• National Council on Youth Sports
• National Farm to School Network
• National Human Services Assembly
• National Institute on Out-of-School Time (NIOST)
• National League of Cities (NLC)
• National Recreation and Park Association (NRPA)
• National Summer Learning Association
• Nemours
• Out-of-School Time Resource Center at The University of Pennsylvania
• Partnership for a Healthier America
• Playworks
• Policy to Practice in Youth Programs
• Robert Wood Johnson Foundation (RWJF)
• Safe Routes to School National Partnership
• Salud America!
• Save the Children
• Share Our Strength
• United States Department of Agriculture (USDA)
• United States Department of Defense (DOD)
• United Way
• University of Minnesota
• Up2Us
• YMCA of the USA (Y-USA)
FIRST CHARGE

Create *evidence-based*, healthy eating and physical activity (HEPA) standards that foster the best possible nutrition and physical activity outcomes for children in grades K-12 attending OST programs.
NORTH CAROLINA’S UNIQUE CONTRIBUTION

Move More Standards used as national standards
Adopted by

• National Afterschool Association
• YMCA of the USA
• Council on Accreditation
• National Recreation and Park Association
• Boys & Girls Clubs of America
• Alliance for a Healthier Generation
HEPA IN LAW
“Statewide voluntary health recognition programs represent a promising new model for promoting broad implementation of HEPA standards in OST settings.”
AN ACT TO ESTABLISH THE HEALTHY OUT-OF-SCHOOL TIME (HOST) RECOGNITION PROGRAM TO REQUIRE THAT THE DEPARTMENT OF PUBLIC INSTRUCTION COMPLIES WITH FEDERAL LAW IN THE ADMINISTRATION OF 21ST CENTURY COMMUNITY LEARNING GRANTS AND DOES NOT EXCEED MINIMUM REQUIREMENTS UNDER FEDERAL LAW IN REGARD TO THE AWARD OF FUNDS TO SUB-GRANTEES, AND TO MODIFY THE AFTER-SCHOOL COMPETITIVE GRANT PROGRAM.

The General Assembly of North Carolina enacts:

SECTION 1. G.S. 110-86(2) reads as rewritten:
BILL LANGUAGE

• Department develops a process to be on a website
• Certificate
• Location
• Parent Engagement
• Length of certificate validity
• Department maintains list of programs
STAKEHOLDER INPUT
## CATEGORIES

### Healthy Eating (HE)

<table>
<thead>
<tr>
<th>Code</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>HE 01.</td>
<td>Snack, Meal, and Drink Quality</td>
</tr>
<tr>
<td>HE 02.</td>
<td>Staff Training – Healthy Eating</td>
</tr>
<tr>
<td>HE 03.</td>
<td>Nutrition Education</td>
</tr>
<tr>
<td>HE 04.</td>
<td>Youth, Staff, and Family Support – Healthy Eating</td>
</tr>
<tr>
<td>HE 05.</td>
<td>Organizational Policies – Healthy Eating</td>
</tr>
<tr>
<td>HE 06.</td>
<td>Site Environment – Healthy Eating</td>
</tr>
</tbody>
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### Physical Activity (PA)

<table>
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<th>Code</th>
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<tbody>
<tr>
<td>PA 01.</td>
<td>Physical Activity Quality</td>
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<td>Staff Training – Physical Activity</td>
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<td>Organizational Policies – Physical Activity</td>
</tr>
<tr>
<td>PA 05.</td>
<td>Site Environment – Physical Activity</td>
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</tbody>
</table>
North Carolina Healthy Out of School Time (NC HOST) Program

The NC HOST Program will launch on April 4, 2017

Who is it for?
Any qualified out of school time program that wants to be recognized for their healthy eating and physical activity practices can apply for the NC Healthy Out of School Time Recognition Program.

How do you get it?
Out of School time programs that want to be recognized for their healthy eating and physical activity practices can apply for the NC Healthy Out of School Time Recognition Program.

How is it used?
To guide the development of practices, policies and environments supportive of physical activity in NC After-School Programs.

The Healthy Eating and Physical Activity Standards developed by the National Institute for Out of School Time programs provide best practices for healthy eating and physical activity. Programs that want to be recognized for meeting the standards can apply for the Healthy Out of School Recognition Program.

Who is eligible to become a Healthy Out of School Time Program?

How to apply

Background

Assessment

Resources to meet the standards

COMING SOON – Recognized NC HOST Programs
Out-of-School Time

Out-of-school time settings are the places where kids spend their time before and after school, during school breaks, and over the summer. These are prime environments where youth can be encouraged to eat healthier and move more.

Out-of-school time providers across the country are already supporting the healthy development of young people. To build on these efforts, we use our knowledge and experience to give staff the most comprehensive support to increase healthy eating and physical activity.

Watch Our Program in Action

Healthy Out-of-School Time Framework
In 2016, the North Carolina General Assembly recognized the role that out-of-school time programs have in encouraging healthier eating and physical activity through House Bill 1060 (Session Law 2016-94, Section 12E.2). As a result, the North Carolina Healthy Out-of-School Time Recognition Program (NC HOST) launched in April 2017. NC HOST offers a voluntary recognition for out-of-school time programs that meet a set of standards that are a subset of the National AfterSchool Association Healthy Eating and Physical Activity Standards (HEPA).

Healthy out-of-school time programs have the potential to put children on the path toward healthy and productive lives. Nearly 335,000 school-age children receive care in North Carolina out-of-school time programs such as before and after school, summer day camps, sports and arts camps, 4-H clubs, and other similar programs. Such programs are uniquely positioned to play a role in obesity prevention by providing an environment where children can eat healthy and be physically active.

Out-of-school time providers have the opportunity to create environments where

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North Carolina Healthy Out-of-School Time Recognition Program

About the Standards: The North Carolina Healthy Out-of-School Time Recognition Program (NC HOST) offers school time programs that meet a set of standards that are a subset of the National AfterSchool Association Healthy Eating and Physical Activity Standards (HEPA) as outlined in the Healthy Out-of-School Time Framework (healthygeneration.org/assets/). NC HOST is partnering with the Alliance for a Healthier Generation to assess if programs are eligible for recognition. Program Assessment Form is available online: .

HEPA Standards:

- **HE 01.** Snack, Meal and Time Quality
- **HE 02.** Staff Training – Healthy Eating
- **HE 03.** Nutrition Education
- **HE 04.** Youth, Staff and Family Support – Healthy Eating
- **HE 05.** Organizational Policies – Physical Activity
- **HE 06.** Site Environment – Healthy Eating

Dear Families,

Our [insert name of program] program wants to be a North Carolina Healthy Out-of-School Time Recognition Program. This program allows out-of-school-time programs like ours to be recognized for making sure that your kids are getting healthy snacks and plenty of play time.

We know your child’s health is important to you. We want to do all we can to help you teach your kids how to eat healthy meals and snacks, and to be active as much as possible. This will help them be healthy, well-adjusted and ready to learn.

In order to be recognized as a NC HOST Program, we need your help. Please tell us if our staff give your child foods that don’t meet our standards. Also, tell us if your child is not getting the playtime we have promised. Together, we can make the program work for us all.

With regards to parties, we will celebrate without using food. Instead, we will do a fun activity or a project, like dancing and singing. If we do serve food, we will only serve foods that kids need more of, such as fruit or vegetables with dip.

We know this can be a big shift. It is also a good chance to share creative ideas! There are many fun ways to celebrate without food. Check out the list attached for some suggestions, or share your own ideas with us!

The Alliance for a Healthier Generation also has tools to help you identify healthier foods and drinks. Visit www.healthygeneration.org/amartoolkit to check out their resources.

Thank you for helping us create a healthier place for your child to learn!

Sincerely,
Certificate of Recognition

HEALTHY OUT OF SCHOOL TIME RECOGNITION PROGRAM

recognizes

(Program Name)

for making a commitment to healthy eating and physical activity.

Date Awarded

Signature
Eat Smart, Move More North Carolina
Executive Committee Chair

2017
NATIONAL AFTERSCHOOL ALLIANCE’S

MOST INFLUENTIAL IN HEALTH & WELLNESS AWARD 2017
CONTACT

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The webinar will resume shortly.
GUEST PRESENTER

Michele McKinley
Advocates for Health in Action
TOOLS FOR AFTERSCHOOL PROGRAMS: CHILD OBESITY

Advocates for Health in Action (AHA)
AHA’S MISSION

• AHA improves the health and well-being of Wake County residents by facilitating and supporting community initiatives.

We accomplish this by convening partners that change policies, systems and environments focused on well-being, healthy eating and physical activity.
AHA’S MISSION

• Collaborative of partners across Wake County

• Evidence-based practices inform our work
AHA: COLLABORATIVE OF PARTNERS

• More than 75 organizations plus committed individual advocates

• Types of partners:
  • 12 Municipalities in Wake—parks and recreation departments, planning departments
  • County staff
  • Nonprofits
  • Businesses
  • Other advocacy organizations
  • Youth-serving organizations such as YMCA, Boys and Girls Clubs, municipal Parks and Rec with afterschool programs

• Our missions intersect in some way...
PSE—EVIDENCE BASED APPROACH

• Obesity and health problems are influenced by policies and environments that encourage one behavior over another – across a large population

• Major health problems will not be solved solely by individual actions and choices

• Research shows long-term, positive health outcomes with PSE change
AHA TOOLKIT

- Safe Routes to School in Wake County Toolkit
- Sports Snack Game Plan/
  Camp Snack Game Plan
- Holiday Tools
SAFE ROUTES TO SCHOOL IN WAKE COUNTY TOOLKIT

- Resource for school administrators and parents
- How to start and/or grow walking and/or biking to school efforts
- Stemmed from survey
- Barriers for walk/bike programs?
- Results: common barriers among schools
SAFE ROUTES TO SCHOOL IN WAKE COUNTY TOOLKIT

- Vetted wide array of resources available
  - Literature review
  - Identified most user-friendly
- Created toolkit with sections for each of the barriers
- Added specific Wake County info
SAFE ROUTES TO SCHOOL IN WAKE COUNTY TOOLKIT

• Result: a manageable resource with Wake County information
• [www.AdvocatesForHealthInAction.org](http://www.AdvocatesForHealthInAction.org)
• Hosted a workshop to share key highlights and roll out this resource
  • Panel of local experts
  • Planners, school system staff, parents
• Great collaborative process!
AFTERSCHOOL PROGRAMS AND SAFE ROUTES

• Opportunity for afterschool programs to connect with schools

• Partner on walking/biking programs
  • Walk AT school
  • Bike Rodeos
  • Bike/Pedestrian Safety Education

Opportunity for afterschool programs to connect with schools
SPORTS SNACK GAME PLAN/ CAMP SNACK GAME PLAN

• 1-page resource promoting fruits/veggies and water for youth sports leagues and camps
• Created again by group of partners as a turnkey tool that youth-serving organizations could use
• Pediatricians signed on to Sports Snack Game Plan
• Fight the culture of sugary snacks and drinks
SPORTS SNACK GAME PLAN

Free tools include:

• 1-pg flier
• Artwork for banner, scalable to a variety of sizes
• African American and female coach options
• Customizable to include organization’s logo

www.AdvocatesForHealthInAction.org
SPORTS SNACK GAME PLAN
HOLIDAY RESOURCES

• Valentine’s Day
• Easter
• Halloween
• Christmas
• Non-candy treats and non-food treats
• www.AdvocatesForHealthInAction.org
CONTACT

Monthly e-newsletter, *Health in Action*

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Director

Michele McKinley, mmckinley@wakeaha.org
Project Coordinator
HEALTH: CHILD OBESITY

Thanks for attending this Webinar!

For Webinar Presentation Slides, visit our website:

http://www.ncccap.net/