



North Carolina Healthy Out-of-School Time Recognition Program

The North Carolina Healthy Out-of-School Time Recognition Program (NC HOST) offers a voluntary recognition for out-of-school time programs that provide foods, beverages and physical activities that promote lifelong health and reduce the risk of chronic disease. Out-of-school time programs that meet a set of standards are eligible for NC HOST recognition.

NC Healthy Out-of-School Time Recognition Program Standards

The NC Healthy Out-of-School Time Recognition Program Standards are a subset of the National AfterSchool Association's Healthy Eating and Physical Activity (HEPA) standards as outlined in the [Healthy Out-of-School Time Framework](#). Standards used for NC HOST were chosen from the best available evidence of programs, policies, and practices shown to positively impact healthy eating and physical activity behaviors among youth.

To determine if your program qualifies for NC HOST recognition read each Standard and mark

- “Always” if your program fully demonstrates the practice in the standard; fully demonstrating means that the practice is something your program regularly demonstrates and is integrated into the program’s structure, so it is sustained over time.
- “Sometimes” if your program partially demonstrates the practice in the standard; partially demonstrating means that the program’s efforts could be improved in that area.
- “Never” if your program does not demonstrate the practice in the standard.
- “Not Applicable” if your program is not able to demonstrate the practice in the standard because of the program’s current structure or composition.

NC HOST recognition will be awarded at a Bronze, Silver or Gold level.

- Bronze: To receive the Bronze level of recognition you must always meet the NCHOST standards S1 – S12.
- Silver: To receive the Silver level of recognition you must always meet the NCHOST standards S1 – S12 and sometimes or always meet standards S13 – S29.
- Gold: To receive the Gold level of recognition you must always meet the NCHOST standards S1 – S29.

NC HOST Standards:

S1. Our program provides water during programming at no cost to youth and staff.

- Always Sometimes Never

S2. Our program prohibits serving full-calorie sodas, sports drinks, or juice drinks (not including 100% juice).

- Always Sometimes Never

S3. Our program prohibits caffeinated beverages.

- Always Sometimes Never

S15. When juice is served, elementary school students are limited to 8 fluid ounces per day and middle and high school students are limited to 12 fluid ounces per day.

Always Sometimes Never Not Applicable

S16. Our program prohibits serving diet soda, low-calorie sports drinks or other low calorie beverages to elementary school students. If these beverages are served, they are only served to high school students.

Always Sometimes Never Not Applicable

S17. Training for new staff members highlights organizational practices that encourage healthy behaviors through healthy eating, physical activity and social supports for youth served.

Always Sometimes Never

S18. When offered, the nutrition education that we provide is [evidence-based](#).

Always Sometimes Never Not Applicable

S19. If posters, pictures and books are present within our program environment, they positively promote healthy eating and nutrition.

Always Sometimes Never

S20. Our program ensures that the allocated physical activity time includes:

- aerobic exercise
- age-appropriate bone and muscle strengthening; and
- cardio-respiratory fitness activities

Always Sometimes Never Not Applicable

S21. For at least 50% of the allocated physical activity time, our program provides activities through which youth are moderately or vigorously active.

Always Sometimes Never Not Applicable

S22. Our program engages youth in a variety of physical activities that are fun, recreational and incorporate life-long learning opportunities.

Always Sometimes Never Not Applicable

S23. Our program offers activities that are adaptable, accessible and inclusive of all youth, including those with physical, sensory and intellectual disabilities.

Always Sometimes Never Not Applicable

S24. Our program engages youth in physical activities that incorporates academics and/or recreational content.

Always Sometimes Never Not Applicable

S25. All staff members are trained to permit youth engagement in physical activity except when a youth's behavior poses a danger to himself or others.

Always Sometimes Never

S26. Staff know how to integrate physical activity into the curriculum.

Always Sometimes Never

S27. Our program engages in ongoing self-evaluation and program improvement strategies pertaining to programming physical activity efforts.

Always Sometimes Never

S28. Our organization promotes and encourages a physically active lifestyle among program staff.

Always Sometimes Never

S29. Equipment for games, sports and physical activity are utilized in an age- and developmentally-appropriate manner.

Always Sometimes Never