



**KEEP KIDS ON A HEALTHY PATH
AFTER SCHOOL.**



MAKING EACH DAY HEALTHIER FOR ALL CHILDREN™



Robert Wood Johnson
Foundation



Studies show that healthy, active children learn better, perform better academically and experience fewer behavioral problems. But many kids aren't getting the healthy food and physical activity they need each day. More than 10 million children – from all racial, ethnic, and socioeconomic groups, in all grades, and in urban and rural settings – participate in out-of-school time programs.

Out-of-school time programs – whether they are before-school, after-school, or during the summer – can play a vital role in supporting the overall health and wellness of our children. After all, every kid deserves healthy food and the opportunity to be physically active when school is out of session – no matter where they live, what school they attend, or what grade they are in.

That is why every state should develop policies that encourage out-of-school time programs to adopt the [National AfterSchool Association's healthy eating and physical activity \(HEPA\) standards](#) for out-of-school time programs. However, in many states, HEPA standards are not required in out-of-school time programs. We need to work together to push for the adoption of recognition programs that provide grant resources and technical assistance for out-of-school time programs which voluntarily meet these standards that support the health and wellness of our children. Together, we can create out-of-school time environments that promote students' health, well-being, and ability to learn.

Here's why we are so passionate about ensuring that HEPA standards are effectively implemented, and why you should be too!

- More than one in three children is at increased risk for developing type 2 diabetes, heart disease, and cancer later in life.
- More than 10 million children in America take advantage of out-of-school time programs, with an additional 19 million who would be enrolled in a program if one was available. *
- Many parents are unaware that HEPA standards exist for out-of-school time programs – 36% of parents are unaware of the recommended standards for healthy eating and 44% are unaware of the recommended standards for physical activity. *
- 77% of parents whose children are enrolled in out-of-school time programs agree that out-of-school time programs should provide healthy beverages, snacks or meals. *
- 84% of parents with a child enrolled in an out-of-school time program agree that out-of-school time programs should help children be physically active. *
- By ensuring that out-of-school time programs meet HEPA standards, we can also ensure that our children are served more fruits, vegetables, and water. We can also be confident that they receive opportunities to be physically active through free and structured play time. And we can rest assured that the time they spend on digital devices is limited to less than one hour per day.

So, what can you do to help make sure kids are healthy in and out of school? Tell decision makers in your state to implement a policy that requires the HEPA standards championed by the National AfterSchool Association to be put in place in all out-of-school time programs, and make sure other community members join you.

Just visit www.voicesforhealthykids.org/outofschooltime to spread the word.

* Sourced from Afterschool Alliance. America After 3pm. Kids on the Move: Afterschool Programs Promoting Healthy Eating and Physical Activity. 2014. Available at http://www.afterschoolalliance.org/AA3PM/Kids_on_the_Move.pdf