



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



American Heart Association  
Robert Wood Johnson Foundation  
MAKING EACH DAY HEALTHIER FOR ALL CHILDREN™





**[INSERT DECISION MAKER NAME], every kid deserves healthy food and the opportunity to be physically active when they attend out-of-school time programs such as before-school care, after-school care or summer programs – no matter where they live, what school they attend, or what grade they are in.**

But many kids aren't getting the healthy food and physical activity they need each day. And many out-of-school time programs don't follow set standards to ensure that kids are served healthy foods and have plenty of time to be active while outside of school hours.

With more than 10 million school-aged kids enrolled in out-of-school time programs across the country, these programs can play a vital role in supporting the overall health and wellness of our children. That is why **[INSERT 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. One way we can do this is by adopting a recognition program that provides grant resources and technical assistance for out-of-school time programs that voluntarily meet these standards in order to support the health and wellness of our children.

Studies show that parents support clear and consistent standards in out-of-school time settings for food, beverages and physical activity. And providers of these programs want to offer an environment that nurtures healthy children. It's a win-win-win for parents, providers and our children.

**[INSERT DECISION MAKER NAME], we need to work together to raise awareness of these standards and ensure they are effectively implemented in out-of-school time programs throughout [STATE].**

Why it matters:

- 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. \*
- 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. \*
- 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.

As a leader, you can help make a difference. Take an active role in advocating that **[STATE]** adopts and implements the HEPA standards championed by the National AfterSchool Association.

Visit [www.voicesforhealthykids.org/outofschoolttime](http://www.voicesforhealthykids.org/outofschoolttime) to learn more.

- \* 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](http://www.afterschoolalliance.org/AA3PM/Kids_on_the_Move.pdf)