CREATING HEALTHY, VIBRANT AFTERSCHOOL CULTURES: NATIONAL, STATE, AND LOCAL PERSPECTIVES

8TH BIENNIAL, CHILDHOOD OBESITY CONFERENCE JUNE 29, 2015 - JULY 2, 2015, SAN DIEGO, CA
WHAT IS HEALTHY U?

Healthy U is a collaborative partnership between the New Jersey YMCA State Alliance and the Horizon Foundation for New Jersey with the goal of combating childhood obesity through nutrition education, physical activity and family involvement.
GOALS OF HEALTHY U

Change/create environments, systems and policies to:

Promote increased Physical Activity
- Use CATCH strategies to deliver physical activity

Encourage children to eat more fruits and vegetables
- Provide nutrition education & access to healthy foods

Encourage families to be more active and eat healthy
- Inform & engage parents
Phase 1: Afterschool

Phase 2: Afterschool Early childhood School based

Phase 3: Expanded School Based Early Childhood Sustaining Afterschool's
Healthy U & CATCH

Healthy U
- NJ YMCA Program
- Funded by Horizon Foundation

CATCH-
- Curriculum
- Equipment
- Training & Technical Support
Blue stars= NJDOH
Yellow- Target counties Phase 3
ROLE OF CHAMPIONS

- Primary advocate
- Provides leadership for implementing the CATCH curriculum and strategies - MASTER TRAINERS-
- Delivers CKC & CEC Training to all other staff
- Connector: HU Director and Y program staff and Leadership
- Member of the school Healthy U team (school-based program)
- Ensures evaluation processes completed
TRAINING

Master Trainers

- Implementer Training CKC & CEC
- Refresh & Booster Training
- Program advocate
BUILDING CAPACITY

• Leadership tools
• Classroom managements skills
• Culture
• Confidence = Sustainability
TOOLS AND RESOURCES
BEST PRACTICES

• Evidence based curriculum
• Professional development
• Leadership support: Policy/Culture
• Prioritizing PA as part of the day
• HEPA Standards
Results & Impact
EVALUATIONS & IMPACT

• Surveys
  o Student
  o Teacher Surveys
  o Leadership survey
  o Parent Surveys – Early childcare

• SOFITS
• CATCH Assessments
• Fitnessgram
STUDENT SURVEYS

- Increase in time spent in PA
- Knowledge and choice of nutritious food improved
- Screen time improvement*
- Increase in parental support for eating more nutritious foods
- Increase in opportunities for physical activity

* “Comparisons to baseline data revealed significant improvements in nutrition, reductions in sedentary behavior, increases in physical activity, slight improvements in nutrition knowledge and improvements in parental support.”
TEACHER SURVEYS

“All measured factors which are expected to impact successful implementation showed positive responses.”

• Nutrition curriculum is compatible with core YMCA goals
• Significant improvement self-efficacy for implementing the nutrition curriculum
• Noticed positive changes in students PA, foods, and behaviors
• Easy to implement**
• Activities are easily adapted**
1. Supporting and communicating: link between healthy behaviors and children’s success;
2. Identifying a single lead staff to champion the effort
3. Approve more staff to be trained in the program curriculum and evaluation
4. Prioritized implementation of the program among staff
5. Required staff to participate fully in the evaluation and data collection
6. Received regular updates on Healthy U implementation and evaluation
MINUTES OF PHYSICAL ACTIVITY PER DAY
EVALUATION AND OUTCOME REPORTING

➢ Improved effectiveness of program
➢ Sustainability
➢ New and continued funding
➢ New Partners
A COALITION OF SUCCESS
“Fidelity to the collective impact model. Many think collective impact is another way of saying collaboration, but it is much more. It takes partners willing to each give up a little to make it work, shared measurement, shared communications, shared technical assistance, a clear backbone organization—these are critical.”

What not to do: “try to do this work without a backbone organization. And make sure everyone really understands collective impact as a concept.”
New Jersey YMCA State Alliance

- Local New Jersey YMCAs
- School Districts
- Afterschool network
- CATCH
- NJAHPERD
- NJPHK New Jersey Partnership for Healthy Kids
- Horizon
- Farm to School
- University: Collaborations, Interns,
- Sustainable School Jersey
- Alliance for Healthier Generation
- Department of Education
- Department of Health
KEYS TO SUCCESS

• Leadership support and alignment of goals
  ▪ funders, YMCA, Community partners

• Communication: YMCA Alliance, local Y, schools, families “The conversation”

• Evaluate and revise

• Training and Coaching

• Collective impact:
  • Networking and community engagement:
BEST PRACTICES AND RECAP

- Planning
- Training
- Evaluating
- Refining
- Families
TRAINED ....

- **1800** Y Afterschool Directors, Early Childcare Directors, classroom teachers, and caregivers
- **300** Teachers/admin/HU School Wellness teams
- **6 State-wide trainers**
HEALTHY EATING
Have Fun

50% MVPA

Explore at Home
THANK YOU

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