

## **I'm an Afterschool Program Director—What can I do to support Healthy Behaviors?**

1. Visit a Healthy Behaviors Learning Center near you to see the difference that afterschool can make in the lives of children and their families, and their staff. For a listing of Healthy Behaviors Learning Centers, visit <http://www.ccscenter.org/afterschool/Centers%20Near%20You>
2. Ask a Healthy Behaviors Learning Center to coach you in addressing the childhood obesity crisis. Healthy children learn better!
3. Establish a vision for your afterschool program that your program will provide a healthy environment that encourages healthy eating and increased physical activity.
4. Make nutrition education, physical activity and food security (addressing hunger) core components of your afterschool program.
5. Request your regional lead's help in sponsoring training on *Developing Exemplary Practices in Nutrition, Physical Activity and Food Security in Afterschool Programs*, on delivering applied nutrition education (using strategies like gardens and cooking), and on improving your physical activity components.
6. Make sure that your staff receives ongoing training in nutrition and physical activity so that they can support healthy behaviors of students.
7. Together with your staff, establish policies and practices that promote their healthy eating and increased physical activity. Model healthy eating and physical activity yourself.
8. Sponsor or participate in events that promote afterschool as a vehicle to address the obesity crisis.
9. Talk to your local city councils, school principals, county supervisors, and school superintendents in your county to determine how you can work together to promote nutrition education, increased access to fresh fruits and vegetables, increased physical activity and improved food security (addressing hunger). Resources are available to help you, including the Healthy Behaviors Learning Centers, the guide to *Developing Exemplary Practices in Nutrition, Physical Activity and Food Security in Afterschool*

*Programs*, a new step-by-step guide to the practices (*Changing Lives, Saving Lives!*), the California After School Resource Center ([www.californiaafterschool.org](http://www.californiaafterschool.org)) and organizations that specialize in nutrition education and physical activity such as the *Network for a Healthy California* ([www.cdph.ca.gov/programs/CPNS/Pages/default.aspx](http://www.cdph.ca.gov/programs/CPNS/Pages/default.aspx)).

10. Promote joint use agreements between your school district and city/county park districts (and other city/county facilities) to maximize the availability and use of safe, friendly playgrounds and parks for children throughout the year, throughout the month (including weekends) and in out-of-school time.
11. Support district wellness policies that incorporate afterschool and before school programs into the school day policies. Increase the minutes of moderate to vigorous physical activity in your program to at least 30 minutes every day.
12. Support policies and funding that promote safe walk-to-school routes.
13. Make sure that snacks in your program include fresh fruits and vegetables, whole grains, and low fat foods.