

I'm a County Office of Education Superintendent—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 <https://ccs.charityfinders.com/afterschool/Centers%20Near%20You>
2. Ask a Healthy Behaviors Learning Center to present at a COE Board meeting to share their experience in addressing the obesity crisis. Invite afterschool programs in your county to the presentation.
3. Encourage COE afterschool program(s) (and other afterschool programs in your county) to contact a Healthy Behaviors Learning Center to learn how they can address the obesity crisis through their program(s). Ask them to share with you how they could implement the *Exemplary Practices in Nutrition, Physical Activity and Food Security* at their program sites.
4. Become more knowledgeable about the childhood obesity crisis and the role that schools and afterschool programs can play in addressing it. Healthy children learn better
5. Support making nutrition education, physical activity and food security core components of COE afterschool programs.
6. Identify COE funding that can be used to increase funding for your afterschool programs (and programs in your county)—including Healthy Behaviors Learning Centers—in order for them to strengthen their programs in the fight against obesity and to help other programs do the same.
7. Sponsor or participate in events that promote afterschool as a vehicle to address the obesity crisis.
8. Talk to your local city council, county supervisors, or 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*, a new step-by-

step guide to the practices (*Changing Lives, Saving Lives!*), the California After School Resource Center (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).

9. Encourage districts in your county to sponsor joint use agreements with 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.
10. Support wellness policies that incorporate afterschool and before school programs into school day policies. Increase the minutes of moderate to vigorous physical activity in COE afterschool programs.
11. Support policies and funding that promote safe walk-to-school routes.
12. Make sure that snacks in COE afterschool programs include fresh fruits and vegetables, whole grains, and low fat foods.