

I'm a School District 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 <http://www.ccscenter.org/afterschool/Centers%20Near%20You>
2. Encourage the afterschool program(s) in your district 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.
3. 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.
4. Support making nutrition education, physical activity and food security core components of your district's afterschool programs.
5. Identify school district funding that can be used to increase funding for afterschool programs in your district—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.
6. Sponsor or participate in events that promote afterschool as a vehicle to address the obesity crisis.
7. Talk to your local city council, county superintendent or county board of supervisors to determine how you can work together to promote nutrition education, 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).

8. Make sure that your school food service provides healthy breakfasts and lunches, as well as afterschool snacks that include fresh fruits and vegetables, whole grains, and low fat foods; that all beverage vending machines on campus contain only 100 percent juice, water, and low-fat milk; and that all other vending machines contain only healthy foods.
9. Sponsor 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.
10. Support wellness policies that incorporate afterschool and before school programs into the school day policies. Ensure that your district meets its physical education minute requirements *and* increases the minutes of moderate to vigorous physical activity in physical education and in afterschool physical activity.
11. Work with your board to sponsor joint use agreements between your school district and city/county 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.
12. Support policies and funding that promote safe walk-to-school routes.