

## **I'm a State Legislator--What can I do to support Healthy Behaviors?**

1. Visit a Healthy Behaviors Learning Center near you to see the difference that it is making 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. 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 and are more likely to become healthy adults.
3. Support legislative changes that make nutrition education, physical activity and food security (addressing hunger) core components of state-funded After School Education and Safety Act (ASES) and federally-funded 21<sup>st</sup> Century Community Learning Center (CCLC) programs. (Physical activity is already a core component of the ASSETs high school afterschool program.)
4. Support technical assistance funding for Healthy Behaviors Learning Centers so that they can coach and mentor other afterschool programs in how to address the obesity crisis.
5. Support funding to help afterschool programs learn more about how they can address the obesity crisis at their sites through increased moderate to vigorous physical activity, improved nutrition, and increased access to healthy foods for their children and families.
6. Support continued funding for the ASES program. Not only do afterschool programs improve educational outcomes for participants and provide safe places for learning, but they can be a key component of health reform, providing an ideal venue for physical activity, improved nutrition and nutrition education, and increased food security.