



Out of School Nutrition and Physical Activity Initiative



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Harvard School of Public Health
Prevention Research Center
on Nutrition and Physical Activity

OSNAP Team

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Objectives

- Describe the OSNAP Initiative
- Identify relevant policies/documents supporting physical activity in afterschool
- Assess policies/documents using OSNAP tools
- Identify strategies to incorporate language supporting physical activity in afterschool policies and documents



OSNAP Initiative

- PRC 2010-2014 core research project
- In partnership with:
 - Boston Public Schools
 - YMCA of Greater Boston
 - Boston Boys and Girls Clubs
 - Boston Centers for Youth and Families
 - Boston Public Health Commission Strategic Alliance for Health
- Builds on previous work with YMCA of the USA & Boston Public Schools Food and Nutrition Services





OSNAP Aims

Identify and support sustainable policy and environmental strategies that promote increased access to healthy snacks and opportunities for physical activity in out of school time settings.



Goals for Nutrition and Physical Activity in Out-of-School Time



- Include 30 minutes of moderate, fun, physical activity for every child every day
- Offer 20 minutes of vigorous physical activity 3 times per week
- Ban sugar-sweetened drinks from snacks served
- Offer water as a drink at snack every day
- Eliminate use of commercial broadcast TV/movies
- Limit recreational computer time to less than one hour per day
- Offer a fruit or vegetable option every day at snack
- Ban foods with trans fats from snacks served
- Ban sugar-sweetened drinks brought in from outside the snack program



Afterschool Environment

- ~ 8.4 million children attend afterschool
- Average of 8 hours per week spent in afterschool programs
- Black and Hispanic children more likely to attend afterschool programs
- Physical activity and snacks provided in afterschool programs contribute to children's daily energy expenditure and intake, as well as play a role in habit formation



Afterschool Physical Activity

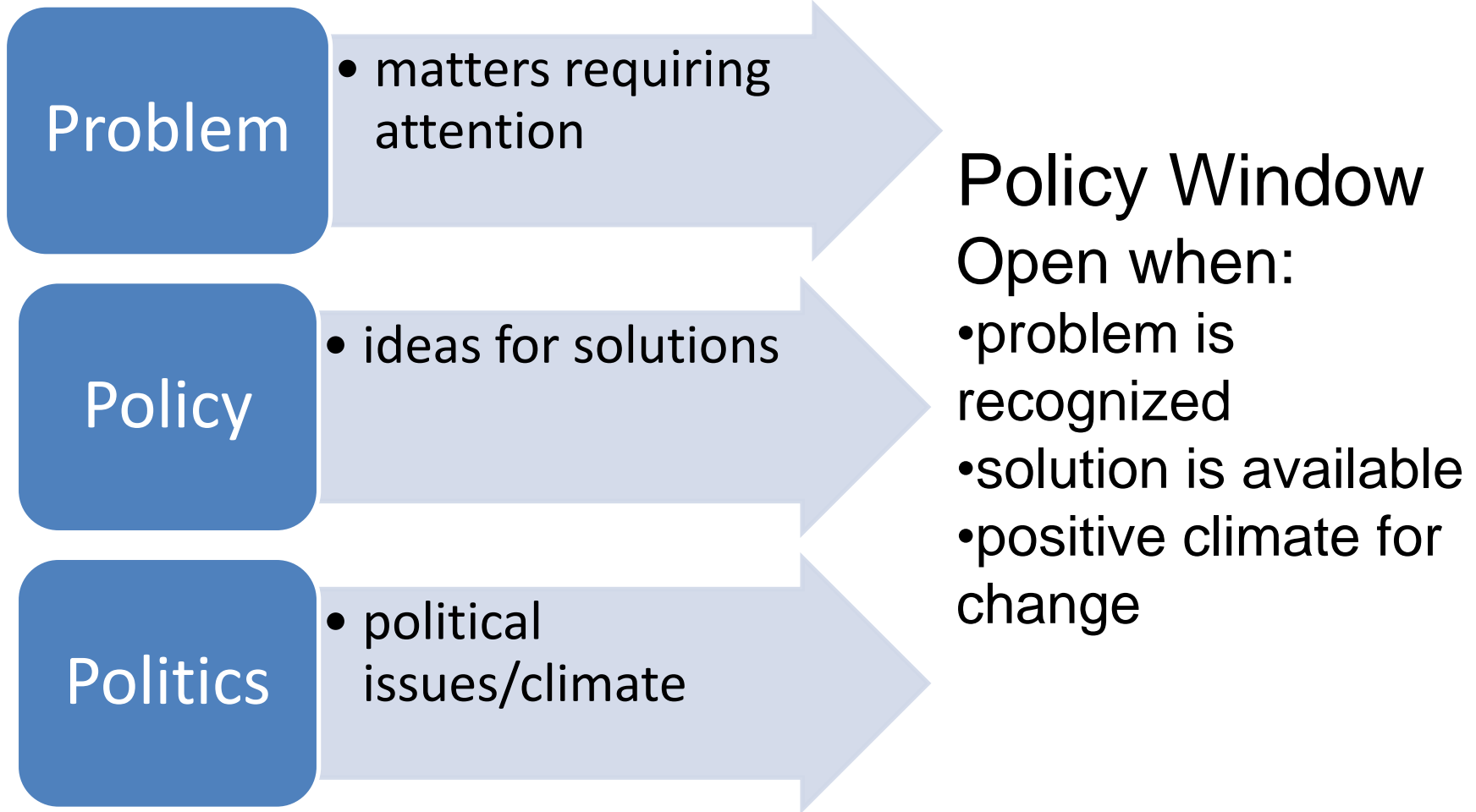
- Lack of state policies specifying physical activity time¹
- Evidence for increased daily physical activity time after targeted afterschool intervention²

¹Beets MW, Wallner M, Beighle A. Defining standards and policies for promoting physical activity in afterschool programs. *J Sch Health*. 2010 Aug;80(8):411-7.

²Gortmaker SL, Lee RM, Mozaffarian RS, Sobol AM, Nelson TF, Roth BA, Wiecha JL. Impact of an after-school intervention on increases in children's physical activity. *Med Sci Sports Exerc* 2011



Policy Change Framework¹



¹Kingdon, John W. Agendas, Alternatives, and Public Policies, 1995



OSNAP Study Timeline

Spring 2010

- Pilot
- 4 afterschool programs

Fall 2010-
Spring 2011

- Group Randomized Control Trial
- 20 afterschool programs

Intervention

- 10 sites
- environmental/policy change

Delayed
Intervention

- 10 control sites
- No change through PRC

Fall 2011-
Spring 2012

- Delayed intervention with 10 control sites



Data Collection Methods

5 days

- Accelerometers



5 days

- Snacks served

5 days

- Observations of activities offered
- Includes length, child participation

2 days

- Snack Intake

2 days

- SOPLAY



Levels of Policy Affecting Afterschool

Federal

Afterschool Snack Program regulations



State

Licensing requirements re: physical activity time



Municipal/District

School competitive foods guidelines



Sponsor Agency

Staff training requirements on physical activity

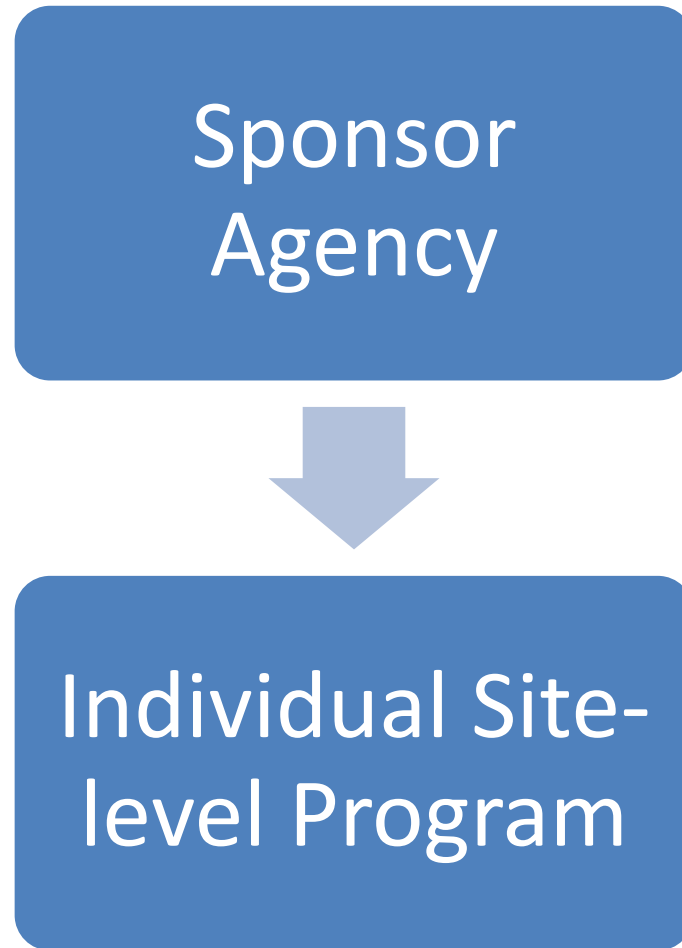


Individual Site-level Program

Rules permitting snacks from home



Levels of Policy Affecting Afterschool



Relevant Policy Documents

- Family Handbook
- Staff Handbook
- Program training materials
- Parent newsletters
- Memorandum of Agreement
- Program enrollment form
- Schedules
- Menus



Policy & Document Coding

- Collect policy documents from program/sponsor
- Read for evidence of policies outlined in coding tool
- Code “yes/no” for the presence of each item
- Document source types for policy item recorded
- Schedules rated separately
- Policies coded by two raters with resolution process for discrepancies for a final code



Policy/Document Coding Tool

Policy and Document Coding Form

Physical Activity Policy Review

Item	Label	Doc ID #				Details and Notes
	Does the (state, org, program) have a policy for afterschool...					
pa_pol	On physical activity?		Yes 1	No 0	N/A for this level 99	
pa30_pol	Requiring 30 minutes of PA every day?		Yes 1	No 0	N/A 99	pa301_pol: If another amount of PA is required, how many minutes per day?
pavig_pol	Requiring 20 minutes of vigorous PA at least 3 times a week?		Yes 1	No 0	N/A 99	pavig1_pol: If yes, how is vigorous activity defined and encouraged?
papart_pol	Requiring or encouraging that every child participate in PA?		Yes 1	No 0	N/A 99	
pavar_pol	Requiring or encouraging variety in PA?		Yes	No	N/A	



OSNAP Intervention

- One-on-one meetings with site directors
 - Process evaluation interviews
 - Introduction to timeline, activities and Food & Fun curriculum
- Series of 3 Learning Collaboratives
- Report back of observational data
- Collaboration with BPS FNS on snacks and water



OSNAP Learning Collaboratives

- Groups of afterschool site staff
- 3 hours, paid stipend, located at programs
- LC 1: Site data reports, background on environmental goals, action planning
- LC 2: PA training, policy writing, action plans revisited, site sharing
- LC 3: Healthy eating training, action plans revisited, site sharing



Identifying Existing Practices

Name: _____ Site: _____ Date: _____

20. Were sugary drinks (with sugar added or juice > 4 oz) served at snack? *If no, skip to question 23.* Yes No

21. For the **children who attended snack time**, how many do you think were served sugary drinks?

None to 1/4 of kids More than 1/4 to half of kids More than half to 3/4 of kids More than 3/4 to all kids

22. For the **children who were served sugary drinks**, how much do you think they drank?

None Some Most All

23. Was water served (with a pitcher or from a cooler) at snack? *If no, skip to question 24.* Yes No

24. For the **children who attended snack time**, how many do you think were served water?

None to 1/4 of kids More than 1/4 to half of kids More than half to 3/4 of kids More than 3/4 to all kids



OSNAP Observation Report: Identifying Areas for Improvement

Report on the Current Afterschool Nutrition and Physical Activity Environment

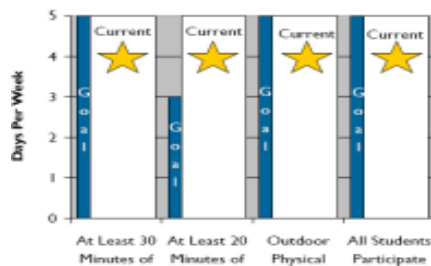
Afterschool Program 1

May 2010

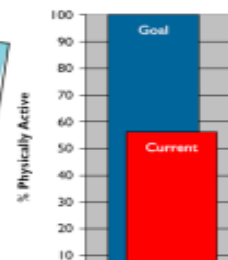
Goal	Goal Met
Include 30 minutes of moderate, fun, physical activity for every child every day (include outdoor activity if possible).	✓
Offer 20 minutes of vigorous physical activity 3 times per week.	✓
Ban sugar-sweetened drinks from snacks served.	✓
Offer water as the primary drink every day at snack.	
Eliminate use of commercial broadcast TV/movies.	✓
Limit recreational computer time to less than one hour per day.	
Offer a fruit or vegetable option every day at snack.	
Ban foods with trans fats from snacks served.	
Ban sugar-sweetened drinks brought in from outside the snack program.	
# of Goals Met	4 of 9

Physical Activity

Days Per Week of Physical Activity Offered



Proportion who were Physically Active During Offered Physical Activity Time



Identifying Existing Policies

1. Do you have written statements in any of your documents specifying that your program must provide opportunities for moderate physical activity? Physical activity is any activity more than sitting or standing (includes activities such as walking, stretching, running, throwing, etc.).

<input type="checkbox"/> YES	<input type="checkbox"/> Number of minutes per day of physical activity are specified (minutes: ___)	<input type="checkbox"/> Number of days per week physical activity is required are specified (days: ___)	<input type="checkbox"/> NO
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In which documents did you find the written statement about providing physical activity? Check all that apply.

<input type="checkbox"/> Parent newsletters or flyers	Notes:
<input type="checkbox"/> Handbook (parent, staff, general)	
<input type="checkbox"/> Schedules	
<input type="checkbox"/> Training materials	
<input type="checkbox"/> Other document (specify): _____	

Examples of "yes" statements:

- "We schedule at least 45 minutes every day for each child for either free play on the playground or gym or for organized activities."
- "To make sure children at our program get at least 30 minutes of moderately intense physical activity each day, we schedule short activity breaks during homework time."

Now, checking above, do any of the written statements you found guarantee that children will be provided with **at least 30 minutes** of moderate physical activity **every day**?

<input type="checkbox"/> YES	<input type="checkbox"/> NO
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2. Do you have written statements in any of your documents specifying that ALL children have the opportunity to participate in physical activity each day?



OSNAP Policy Report: Identifying Areas for Improvement

Report on the Current Afterschool Nutrition and Physical Activity POLICIES

Site A

Fall 2010

Policies Supporting Goals	Policies in Place		
	Source	Sponsor	Site A
Include 30 minutes of moderate, fun, physical activity for every child every day (include outdoor activity if possible).	Schedule		✓
Offer 20 minutes of vigorous physical activity 3 times per week.	Schedule		✓
Ban sugar-sweetened drinks from snacks served.			
Offer water as a beverage at snack every day.			
Eliminate use of commercial broadcast TV/movies.			
Limit recreational computer time to less than one hour per day.	Schedule		✓
Offer a fruit or vegetable option every day.			
Ban foods with trans fats from snacks served.			
Ban sugar-sweetened drinks brought in from outside the snack program.			
# of Policies in Place		0 of 9	3 of 9



OSNAP Areas for Improvement

Nutrition and Physical Activity Areas for Improvement

Fall 2010

Site A

Goal	Practice	Program policy	Sponsor policy
Offer water as a beverage at snack every day			✓
Include 30 minutes of moderate, fun, physical activity for every child every day			✓
Offer a fruit or vegetable option every day at snack.			✓
Ban foods with trans fats from snacks served.			✓
Ban sugar-sweetened drinks brought in from outside the snack program.			

Strategies to Help You Reach the Goals

Practice

- Serve water in a pitcher with cups at snack each day. Try making "water helper" one of the kids' rewards each week.
- Develop an incentive program that promotes physical activity.
- Encourage kids to try fruits, vegetables, and other healthy

Program Policy

- Train staff to distribute water at the beginning of snack.
- Schedule at least 30 minutes of physical activity each day.
- Create a policy banning sugar-sweetened drinks and food brought in from outside.

Sponsor Policy

- Share your policy for banning sugar-sweetened drinks and promoting healthy outside snacks with your supervisor to use as part of Boston's iPlay.



OSNAP Action Planning Tool: Identifying Policy Solutions

- Practice action steps refer to changes that you can make during the day-to-day operations at your site. Examples might include, including more children in scheduled physical activity or offering water at the table during snack time.
- Policy action steps refer to changes that you can make to the rules and structure of the program. Examples might include, scheduling more daily physical activity time or including a ban on outside foods and drinks in the staff and family handbook.
- Communication action steps refer to ways you can communicate healthy information, practices or policies to families, program partners, and children. Examples might include distributing monthly health newsletters or using Food & Fun units.

Actions to reach Goal #1	People involved	Target date for completion
Goal #1 is:		
Practice • • •		
Policy • • •		
Communication • • •		
Goal #1 barriers and strategies:		



OSNAP Intervention: Identifying Resources and Tools

- Sample policy language (staff/parent handbooks, training materials)
- Parent communications
- Links to existing resources tailored to goals and action steps
- Timeline and action step reminders
- OSNAP Newsletters highlighting trainings, reminders and successes



Mean Policy Scores, Fall to Spring

		FALL		SPRING	
	Highest possible score	Intervention	Control	Intervention	Control
Physical activity	13	2.6	2.0	4.3**	2.2
Nutrition	11	1.0	1.4	3.5**	1.6
Beverages	9	1.1	1.4	3.1*	1.5
Screen time	8	0.8	0.9	2.5*	1.1
Student behaviors	3	0.6	0.3	1.0	0.3
Schedule	8	3.1	1.9	3.5	2.2
MOA/JUA	9	0	0	0	0
Staff behaviors	17	0.2	0.6	0.2	0.6
Communication	17	2.5	3.5	7.3**	3.9
OSNAP	14	4.0	4.6	9.7**	5.1

Linear regression assessed changes associated with the intervention

** $p < 0.01$ * $p < 0.05$

Time to Take Action

- Coding:
 - Code sample documents for relevant policy language using OSNAP Policy Self-Assessment Tool
- Action planning:
 - Complete the OSNAP Action Planning Tool for sample afterschool program using:
 - Areas for Improvement
 - Tip Sheets
 - Quick Guides
 - Policy Writing Guide
 - Parent Communications



Wrap-Up

- Group report back: recommendations for action
- Feedback on tools and process
- OSNAP RCT examples



Policy and Communication Examples

“We are taking breaks during homework time so that children can shake off the restlessness of their learning experience while learning the importance of exercising.”

- YMCA site letter to parent



“There will be 10 minute breaks during the HW period to stretch/exercise.”

- YMCA March 2011 schedule



Policy and Communication Examples

“As part of our new health initiative, we are no longer allowing outside beverage into the program with the exception of water. Also, gum and candy are not allowed during club time.”

- Boys and Girls Club site parent handbook



Policy and Communication Examples

“Water is the beverage of choice- water will always be available for the children throughout the day. It will also be served during snack time”

– Boston Centers for Youth and Family site, Making Healthy Choices policy



Discussion

- What other areas do people see a need to examine and address in afterschool?
- What other tools might be helpful for people or organizations working in this area?

