



**Promoting Physical Activity in Out-of-School Time:**  
*Update on the Impact of the National AfterSchool Association  
Physical Activity Quality Standards*

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NIOST and Y-USA founded the **Healthy Out-of-School Time Coalition** in January 2009 with funding from RWJF

**First Charge:** create *evidence-based*, healthy eating and physical activity (HEPA) standards that foster the best possible nutrition and physical activity outcomes for children in grades K-12 attending OST programs

**Since Then:**

- Adopted by the **National AfterSchool Association, the YMCA of the USA, the Council on Accreditation and the Alliance for a Healthier Generation, NRPA, BGCA**
- Disseminated to tens of thousands out-of-school time professionals and supporters
- Advocacy & Policy, Marketing & Communications, Implementation and Research & Evaluation underway

**National AfterSchool Association**  
Healthy Eating and Physical Activity (HEPA) Standards  
**Physical Activity**

**1. Content and Quality**

- Programs provide physical activity whose frequency, duration, intensity and variety promote lifelong health and helps prevent chronic disease.
- Physical activity offerings support the USDHHS 2008 guidelines recommending that all children and youth obtain at least 60 minutes of physical activity per day that includes a mixture of moderate and vigorous intensity activity as well as bone and muscle strengthening activities.

**National AfterSchool Association**  
Healthy Eating and Physical Activity (HEPA) Standards  
**Physical Activity**

**2. Staff Training**

Staff regularly participate in learning about physical activity that is presented using effective training models based on content that is evidence-based.

**3. Social Support**

The program creates a social environment, including positive relationships, that encourages children to enjoy and participate in physical activity.

**National AfterSchool Association**  
Healthy Eating and Physical Activity (HEPA) Standards  
**Physical Activity**

**4. Program Support**

Infrastructure supports physical activity through management and budgeting practices.

**5. Environmental Support**

The program's physical environment supports the physical activity standards with adequate, safe and age-appropriate space and equipment

# Creating standards is just the first step.

## Dissemination

- Workshops/Presentations
- Publications
- One-to-one “recruitment”

## Implementation / Evaluation

- Direct OST service providers committing to adoption, implementation and measurement
- Professional development providers creating/sharing content and process support and measuring results
- Researchers developing baseline data and monitoring preliminary results for future revisions
- Advocates determining policy levers



# The Push: Presentations, Publications and Planning 2013-2014

J

- HOST Coalition reconvened
- *Y-USA/RWJF Advocacy Hub; Publication: Development of Healthy Eating and Physical Activity Quality Standards for Out-of-School Time Programs (Wiecha/Hall/Gannett/Roth); Comments on Physical Activity Guidelines for Americans Mid-course Report*

F

- Publication: *Expanding Minds and Opportunities: Leveraging the Power of Afterschool and Summer Learning for Student Success (FRAC/AFHG)*
- Active Living Research Conference: (AFHG)

M

- PHA Summit: HOST Coalition Meeting – membership drive
- AOSN: STEM Academy (AFHG)

A

- NAA Conference health and wellness track: 2 Coalition general sessions; Y-USA, NIOST, FRAC, AFHG sessions; Y-USA/HOST Coalition expo booth, COA
- Coalition coordinator welcomed

M

- BGCA Conference; Statewide PHC Conference
- Monthly Coalition leadership calls began

J

- Healthy Communities Roundtable
- Eastern Regional Conference on Afterschool (MOST/AFHG)

J

- Y-USA Congress; Afterschool Alliance/Y-USA/CO180 Webinar; OK CLC Conference; AFHG PD Institute
- NIOST/RTI: PA survey/case studies (RWJF ALR funded)

A

- HOST Coalition Meeting: strengthening collective impact

# The Push, continued . . .

- Sep
  - Foundation for a Healthy Kentucky Conference
  - Southern California Municipal Athletic Federation
  - State Conferences: PSAYDN
- Oct
  - NRPA Congress
  - State Conferences: FASA , AOSN, SD OST
- Nov
  - National Conference on Summer Learning
  - Southern Obesity Summit
  - State Conferences: WI CLC
- 2014
  - Feb: - Beyond School Hours Conference (AFHG, B&GCA, FRAC)
  - Feb: NRPA and BGCA commitment to PHA
  - Mar: NAA conference presentations
  - ALR: Research presentation

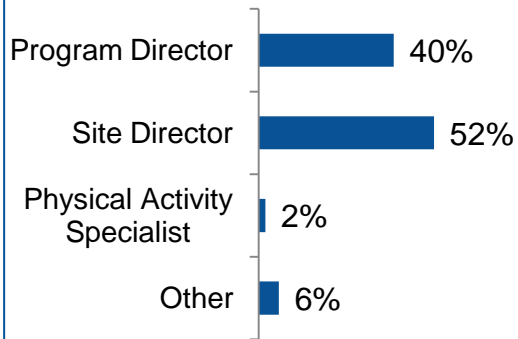


## Methods

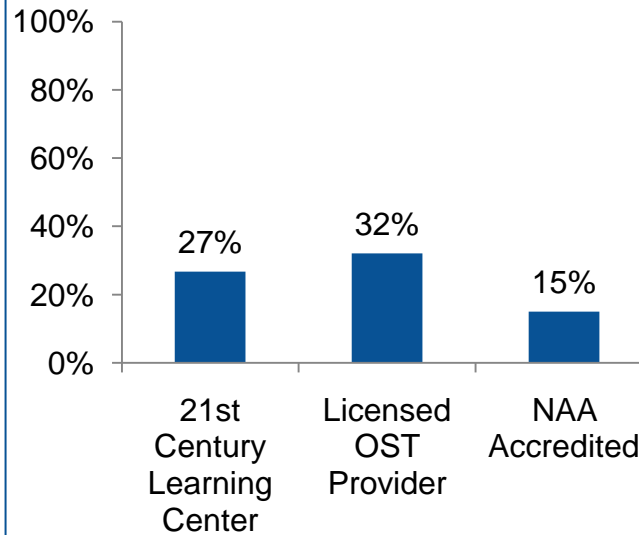
- Funded by ALR CA grant to Wellesley College
- E-survey, Fall 2013, Recruitment through NAA to 14,000 addressees
- 689 responses
- 55 items assessing familiarity with PAQS and implementation of best practices
- Developed composite scores
- T Tests: Are site characteristics associated with mean scores?
- Non parametric Spearman tests: is PA1 associated with PA2 through PA5?

# Results: Characteristics of OST Sites

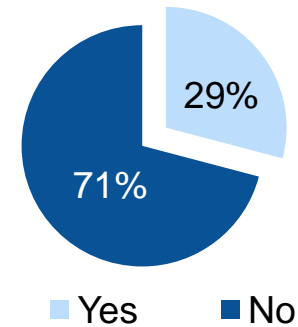
## Respondent Job Title



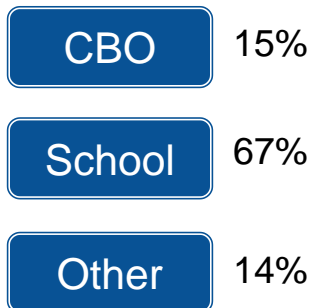
## Affiliations and Credentials



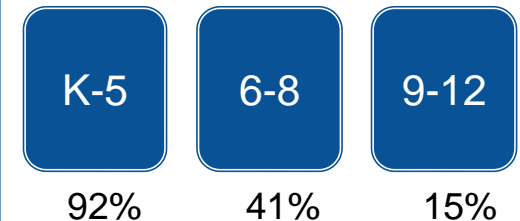
## Parent Organization



## Facility Type



## Grades Served



# PAQS scores varied with program characteristics

	PAQS 1. Content and Quality	PAQS 2. Staff Training	PAQS 3. Social Support	PAQS 4. Program Support	PAQS 5. Environmental Support
Has a Parent Organization	29.30	<b>9.43***</b>	<b>12.55**</b>	<b>12.33*</b>	<b>20.40*</b>
21st Century Learning Center	<b>27.3***</b>	8.60	11.90	12.17	19.77
NAA Accreditation	29.00	<b>9.52***</b>	12.53	<b>12.46*</b>	<b>20.70*</b>
NAA Member	28.90	<b>9.05**</b>	12.27	<b>12.25**</b>	20.25
Location Type = School	28.80	8.81	12.10	11.96	<b>20.27**</b>
Familiar with NAA Standards	<b>29.2**</b>	<b>9.09***</b>	12.29*	<b>12.28***</b>	20.21
Uses NAA Standards	<b>29.6***</b>	<b>9.29***</b>	<b>12.50***</b>	<b>12.46***</b>	<b>20.49**</b>
<b>Total</b>	28.7	8.80	12.1	11.92	20.02

## Familiarity with Standards

- 60% of respondents were familiar with standards
  - 72% of respondents familiar with standards were using them
- Familiarity associated with higher scores for 3 PAQS
- Use associated with higher scores for all 5 PAQS

# Content and Quality Score has positive correlation with capacity PAQS

NAA PAQS	Spearman Correlation Coefficient
PAQS 1. Content and Quality	Referent
PAQS 2. Staff Training	0.44***
PAQS 3. Social Support	0.51***
PAQS 4. Program Support	0.47***
PAQS 5. Environmental Support	0.55***

\*\*\*p<0.0001

## Which best practices are seldom\* implemented?

- PAQS 2: Staff Training
  - Relevant staff receive at least 8 contact hours/year of professional development on PA delivery (61%\*)
  - Relevant staff are trained in adapting PA opportunities to include all children regardless of ability or disability status (37%\*)
  - Staff receive sufficient training to fully implement the PA best practices (42%\*)
- PAQS 3: Social Support
  - Parents/guardians are engaged with the program's emphasis on healthy PA (62%\* )
  - Parents are supportive of the program's efforts to improve PA at this site (31%\*)

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\*sometimes true or never true

## Which best practices are seldom\* implemented?

- PAQS 4: Program Support
  - Program promotes and encourages a physically active lifestyle among staff (31%\*)
  - Site has adequate funding to purchase additional PA equipment (41%\*)
  
- PAQS 5: Environmental Support
  - Program environment provides positive messages about PA through posters, pictures, and books (42%\*)

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\*sometimes true or never true

## More Information

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