



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

The Y Response

**HOW THE YMCA IS RESPONDING TO REVERSE
CHILDHOOD OBESITY IN THE AFTERSCHOOL
AND OUT-OF-SCHOOL TIME SETTING**

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San Diego
June 28, 2011



AGENDA

1. ABOUT THE Y
2. HEALTHIER COMMUNITIES INITIATIVE MODEL & SUCCESSES
3. ASSESSMENT AND IMPROVEMENT PLANNING TOOLS
4. STANDARDS ON HEALTHY EATING AND ACTIVITY IN THE OUT-OF-SCHOOL TIME
5. RELATED WORK
6. ADVOCACY

Some things to know about the Y



The nation's leading non-profit committed to strengthening communities, the Y is:

- In 10,000 neighborhoods across the nation, we have the presence and partnerships to not just promise, but to deliver, lasting **personal and social change**.
- Community centered. For more than 160 years, we've been **listening and responding** to our communities.
- **Bringing people together**. We connect people of all ages and backgrounds to bridge the gaps in community needs.
- Working to ensure everyone has the opportunity to **learn, grow and thrive**.
- On the ground with a strong **local presence and big national reach**. We mobilize local communities to effect lasting, meaningful change. 57% of US Households live within 3 miles of a Y.

Facts & Figures

- With approximately 250,000 staff and 500,000 volunteers the Y engages **9 million youth and 12 million adults**
- We are nurturing the potential of nearly **730,000 children and youth in the Y's child care programs**, including 550,000 in before-and afterschool programs
- As the nation's largest **camping provider** we are developing the social and emotional well-being of
 - 300,000 summer resident campers and **600,000 summer day campers**
 - 1,500,000 children, parents and adults in overnight camp
- The Y is **accessible to all people** through financial assistance program for those in need.



Healthier Communities Initiatives

Three Initiatives

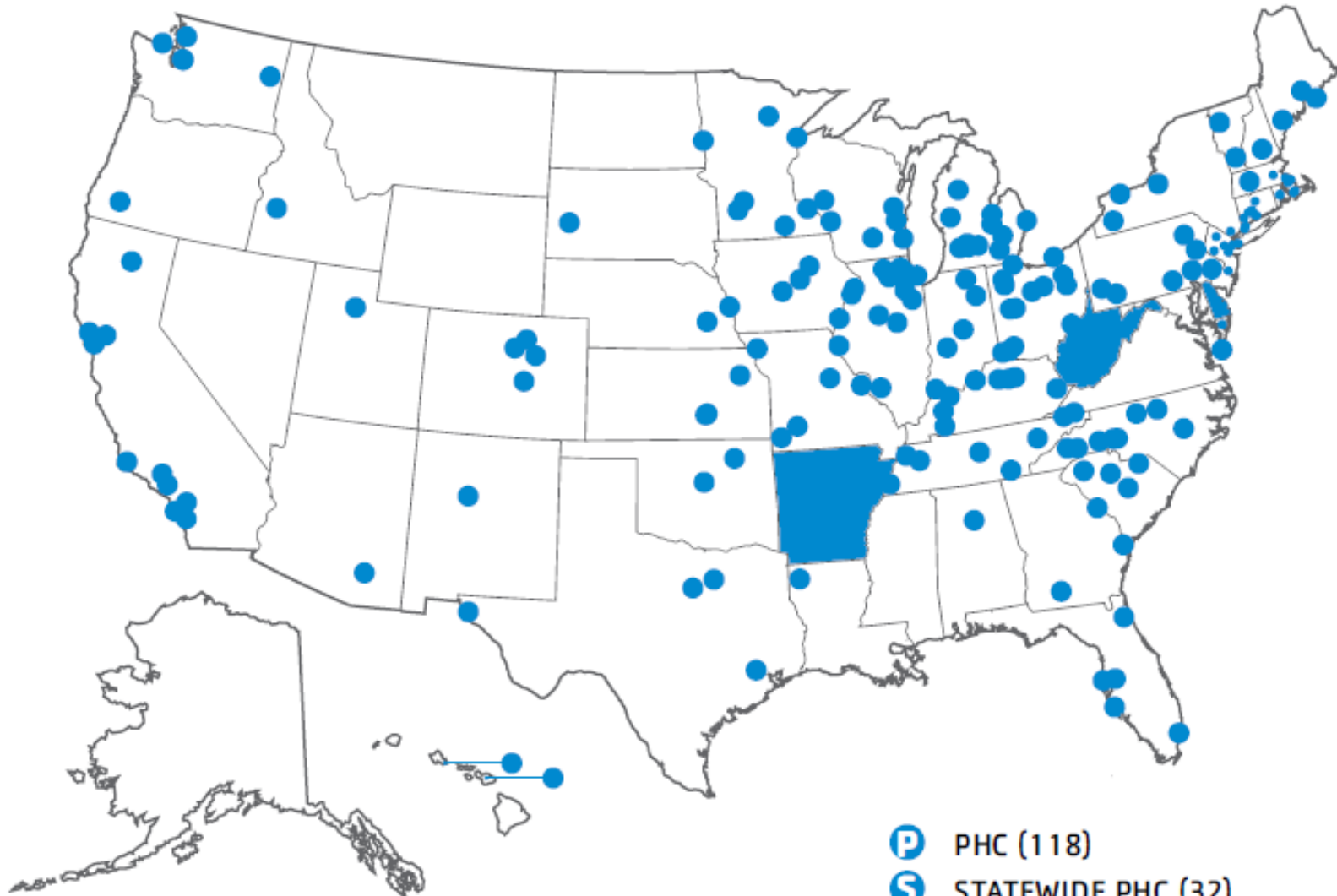
- Pioneering Healthier Communities (PHC) (2004)
- **A**ction **C**ommunities for **H**ealth, **I**nnovation, and **E**n**V**ironmental **C**hang**E** (ACHIEVE) (2008)
- Statewide Pioneering Healthier Communities (2009)





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HEALTHIER COMMUNITIES INITIATIVES: PHC, Statewide PHC & ACHIEVE



- P** PHC (118)
- S** STATEWIDE PHC (32)
- A** ACHIEVE (40)

Y-Convened Teams of Local Leaders Advanced 14,459 Changes Impacting Up to 34.3 MILLION Lives*

- **568** strategies providing greater access to healthier foods in communities
- **318** strategies to provide greater access to physical activity in communities
- **4526** changes to ensure access to healthier food before, during and afterschool
- **3223** changes to increase access to physical activity before, during and afterschool
- **2091** changes helping private employers provide incorporate healthier food/beverages or expanded physical activity opportunities
- **1277** changes by CBOs and public agencies on healthier food/beverage or expanded physical activity opportunities in their settings
- **2774** strategies advanced to provide environments that are smoke-free

* As of April 2011; data from 91 of 176 sites



4,526 changes to ensure that food and beverages sold to children are healthier before, during, or after the school day

- 1,262 afterschool sites have made their snacks or meals healthier
- 767 schools changed the food available in their vending machines or sold outside the lunch line during the school day
- 294 schools that have expanded their participation in the USDA afterschool snack or breakfast program
- 1,014 schools changed lunch menu to offer healthier choices
- 675 schools have implemented policies to require healthier food to be sold in afterschool settings
- 241 afterschool sites have changed food available in their vending machines or venues where food is sold
- 273 afterschool sites have expanded their participation the USDA afterschool snack program



3,223 changes that have helped incorporate physical activity before, during and after school

- 1,261 afterschool sites that have added or increased the amount of physical activity to their curricula
- 172 schools created or enhanced a Safe Routes to School Program
- 618 schools added or improved physical education criteria
- 594 schools have instituted classroom physical activity breaks during the day
- 242 schools have added or expanded recess during the day
- 336 sports-related programs added to the afterschool setting



Tools to Assess and Improve Community Environments



- CHLI includes assessments and accompanying discussion and improvement planning guides addressing six community settings:
 - **Afterschool Child Care**
 - **Early Childhood Program**
 - Neighborhood
 - School
 - Work Site
 - Community-at-Large
- Communities may use these tools to discover strengths, identify needs, plan for action and, ultimately, build healthier communities.
- www.ymca.net/communityhealthylivingindex

CHLI Afterschool Assessment – Physical Activity

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II. PROGRAMS, PHYSICAL ENVIRONMENT, PROMOTION, AND POLICY

The CHLI assessment process is not a measure of success or failure but rather an important part of developing a plan for improvement in your community. Please be candid and accurate as you answer the questions below.

A. PHYSICAL ACTIVITY OPPORTUNITIES

1. An evaluated curriculum is in place for children to have opportunities for physical activity.	<input type="checkbox"/> Yes		<input type="checkbox"/> In development		<input type="checkbox"/> No
2. Moderate (e.g., brisk walking), fun physical activity and play (i.e., time to engage in a variety of physical activity options) includes outdoor activities wherever possible and is offered daily for the following amounts of time: <ul style="list-style-type: none"> • 30 minutes for half-day afterschool child care programs • 60 minutes for all-day, holiday, and vacation programs 	<input type="checkbox"/> Always/almost always 81%–100%	<input type="checkbox"/> Usually 61%–80%	<input type="checkbox"/> About half 41%–60%	<input type="checkbox"/> Sometimes 21%–40%	<input type="checkbox"/> Rarely/ never 0%–20%
3. Vigorous (e.g., more intense activity, such as jogging or basketball), fun physical activity is offered as an option three times a week (at least 20 minutes each time) and includes outdoor activities whenever possible.	<input type="checkbox"/> Always/ almost always 81%–100%	<input type="checkbox"/> Usually 61%–80%	<input type="checkbox"/> About half 41%–60%	<input type="checkbox"/> Sometimes 21%–40%	<input type="checkbox"/> Rarely/ never 0%–20%

CHLI Afterschool Assessment – Healthy Eating

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C. HEALTHY EATING OPPORTUNITIES

1. An evaluated curriculum is in place for children to have opportunities for healthy eating.	<input type="checkbox"/> Yes		<input type="checkbox"/> In development		<input type="checkbox"/> No
2. Snack/meal times introduce a variety of appealing healthy food and beverage options to children, based on the following standards:					
2.a. Offer fruits and vegetables daily.	<input type="checkbox"/> Always/ almost always 81%–100%	<input type="checkbox"/> Usually 61%–80%	<input type="checkbox"/> About half 41%–60%	<input type="checkbox"/> Sometimes 21%–40%	<input type="checkbox"/> Rarely/ never 0%–20%
2.b. Offer more whole-grain than non-whole-grain options. Note: The ingredients list can help to determine if a product contains whole grains. One easy way of identifying whole grains is to look for the word whole, as in whole wheat or whole oats. In contrast, common examples of ingredients that are not definite whole-grain options may include wheat flour or enriched flour.	<input type="checkbox"/> Always/ almost always 81%–100%	<input type="checkbox"/> Usually 61%–80%	<input type="checkbox"/> About half 41%–60%	<input type="checkbox"/> Sometimes 21%–40%	<input type="checkbox"/> Rarely/ never 0%–20%
2.c. Serve foods that are low in saturated fat and have no trans fats.	<input type="checkbox"/> Always/	<input type="checkbox"/> Usually	<input type="checkbox"/> About half	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Rarely/

First Ever Healthy Out-Of-School Time Standards



HOST Coalition

- Led by NIOST, UMASS and Y-USA
- Adopted by National Afterschool Association in April of 2011
- Next Steps—Council on Accreditation

Health Eating and Physical Activity Standards for Out-Of-School Time

Healthy Eating:

It is recommended that NAA's standards for healthy eating promote snacks and beverages shown to promote lifelong health and prevent chronic disease. Accordingly, new language will address snack content and quality, staff training, curriculum, social support (including staff role modeling, parent engagement and children's social development), program support, and environmental support.

Content and Quality:

Standard: Programs serve foods and beverages in amounts and types that promote lifelong health and help prevent chronic disease. These include minimally processed foods made with whole grains and heart-healthy fats or oils and without added sugar or trans fats; fruits and vegetables; and beverages made without added sugars.

Best Practices

Physical Activity:

It is recommended that NAA's standards for physical activity support the USDHHS 2008 guidelines for activity patterns shown to promote lifelong health and prevent chronic disease. Accordingly, new language addresses content and quality, staff training, curriculum, social support (including staff role modeling, parent engagement and children's social development), program support, and environmental support.

Content and Quality:

Standard: The program's 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.

Best Practices

Partnership to Ensure Children Get Nutritious Food in the Summer Through Our Day Camps



- Partnership to expand the reach of the Summer Food Service Program
- Assisting children of low-income families who lose access to meals received during school year

National Advocacy Efforts

- Paid Ad taken out in Roll Call this month
- Major threats to CDC's Healthy Communities Program in 2011 and 2012
- Fighting to protect 21st Century Learning Centers and CCDBG funds
- Fighting for ongoing funding for Physical Education for Progress Funding (PEP), which supports both school and afterschool physical activity programs.
- Other key bills



Tom Whamsted Ltd.

Other House Leaders Ceased Taking Checks

EXPENSES, from Page 1
is the same each month, it is apparently not reimbursement for individual itemized expenses.
Boehner's office offered no details about how his monthly check is spent.

The boost in John Boehner's expense account is in addition to the \$30,000 increase in the base pay that he began to collect in January after becoming Speaker.

Spokesman Michael Stool would only say, "This money is used in appropriate ways for expenses related to his official duties." Beginning in January, Hoyer, now the Minority Whip, saw his monthly expense check drop to \$527, and the Maryland Democrat in March stopped accepting it entirely.
A spokeswoman in Hoyer's office confirmed he has not taken the expense payment since February because he decided "the appropriate thing to do was to stop receiving it."

While Congress has set aside \$235,000 a year to cover the expenses of House and Senate leaders, Boehner now appears to be the only Member of the House accepting this money in direct payments each month.

Former Speaker Nancy Pelosi (D-Calif.) generally used the expense account to pay for meals or ceremonial events; the expense payments were not made out to her directly. Since she became Minority Leader in January, there is no record of any leadership expense-account payments from her office.

House Majority Leader Eric Cantor (R-Va.), who served as Minority Whip in the

"This money is used in appropriate ways."
Michael Stool, spokesman for Speaker John Boehner

111th Congress, doesn't use the account at all. Nor does Assistant Minority Leader James Clyburn (D-S.C.), who served as Majority Whip in the 110th Congress, their offices said in March.

Roll Call reported earlier this year that even as Congress has looked for budget-cutting initiatives, there appeared to be no effort to trim the annual budget for leadership expense accounts.

The appropriations bill for 2010, as in prior years, set aside \$180,000 for these expenses in the Senate. That figure included \$40,000 each for the Majority Leader and Minority Leader and \$40,000 for the President Pro Tem, with lesser amounts for the Whips, Policy Committee chairmen and Vice President Joseph Biden. These amounts are in addition to the regular office budget.

In the House, the expense accounts provide \$25,000 to the Speaker, \$10,000 each for the Minority and Majority Leaders and \$5,000 each for the Whips.

The boost in Boehner's expense account is in addition to the \$30,000 increase in the base pay that he began to collect in January after becoming Speaker. According to the Congressional Research Service, the Minority Leader's salary was \$358,400 last year. This year's Speaker salary is \$223,500.

That means between his pay and his expenses, Boehner saw his annual checks jump from \$203,400 to \$248,500 in January, an increase of about 22 percent.

Senate disclosures offer less detail than House financial reports, so there is no way to tell how Senate leaders receive their expense payments. But in recent years, both Majority Leader Harry Reid (D-Nev.) and Minority Leader Mitch McConnell (R-Ky.) appear to have used the leadership expense accounts to cover "supplies and materials" and other office expenses.

the Y
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SUPPORT HEALTHIER COMMUNITIES

Prevent chronic disease and obesity. Please urge appropriators to protect the Healthy Communities Program at the Centers for Disease Control and Prevention.

Funds from the CDC's Healthy Communities Program help communities nationwide increase opportunities for healthy eating and physical activity to reduce chronic disease, obesity and, ultimately, health care costs.

The Y has convened 150 community leadership teams with the support of this program. These leaders have influenced more than 14,000 changes in their communities to increase access to fresh fruits and vegetables where healthy food options are scarce; make streets safer for kids to walk to school; and increase physical activity to get kids moving before, during and after school.

Support \$22.2 million in funding for CDC's Healthy Communities Program in 2012.

Go to YMCA.net to learn more about the Y's Healthier Communities Initiatives.

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THANK YOU
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