

# #18 HEALTHIER OUT-OF-SCHOOL TIME

## ALLIANCE FOR A HEALTHY GENERATION

Project, document, guidelines, 2013

**Topic for advocacy** HEPA - physical activity and health and local clubs / Education and active schools / Obesity and behavioural change

<https://host.healthiergeneration.org/> , <https://www.healthiergeneration.org/>

### Description of the good example

The Healthy Out-of-School Time Initiative was carried out by the Alliance for a Healthy Generation in 2013. It gives out-of-school time providers a science-based framework designed for creating environments where youth is encouraged to eat healthier and move more. The Healthy Out-of-School Time Assessment will enable you to identify the strengths and weaknesses of your site's policies and practices for promoting HEPA; develop an Action Plan for increasing opportunities for youth to eat healthier and move more. The standards and practices included in the Healthy Out-of-School Time Assessment are based on the National Afterschool Association's Healthy Eating and Physical Activity Standards (HEPA).

### Target - Who can best use this example or document?

Local and national governments, department of education, school settings, afterschool programs, community centers, summer camps.

*\*All information in this entry is sourced from the link above and contact mentioned in the document.*

### Highlights and outcomes

#### Why could it be useful for your organisation and advocacy?

The project is an example of building capacity in civil society to engage in active, cross-sector advocacy with the aim of implementing HEPA all over the United States. It is based on knowledge-sharing and encourages organisations to learn and collaborate.

### Learning points - What can we learn from it?

To help and identify site-based strategies that provide youth with the knowledge and skills to lead healthy lives. The document is a good example of combining different shareholders with the aim of promoting HEPA and changing after-school programs throughout the whole country. Project's web site features many tools, examples and lots of useful information.

### Further information

Alliance for a Healthy Generation

[https://www.healthiergeneration.org/about\\_us/act\\_us/](https://www.healthiergeneration.org/about_us/act_us/)

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