

Change Your Child's Environment, Change Your Child's Health



LiveWell Greenville Out of School Time's Workgroup Intervention in After-School Sites

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LiveWell Greenville Out of School Time

After-school programs are important settings to promote behaviors consistent with healthy body weights among children. The out of school time (OST) workgroup developed an intervention that utilizes a continuous 5 step process with 52 after-school programs in Greenville County.

PLAN

Results of NAP SACC helps determine areas to prioritize to make improvements in the out of school time environment for each after-school site. For each area of improvement chosen, 2-3 goals are recommended to work toward.



Goal Development (SMART):
 Specific
 Measurable
 Achievable
 Realistic
 Time-Bound

EVALUATE

Study Design:
 Non-Experimental, pre-post

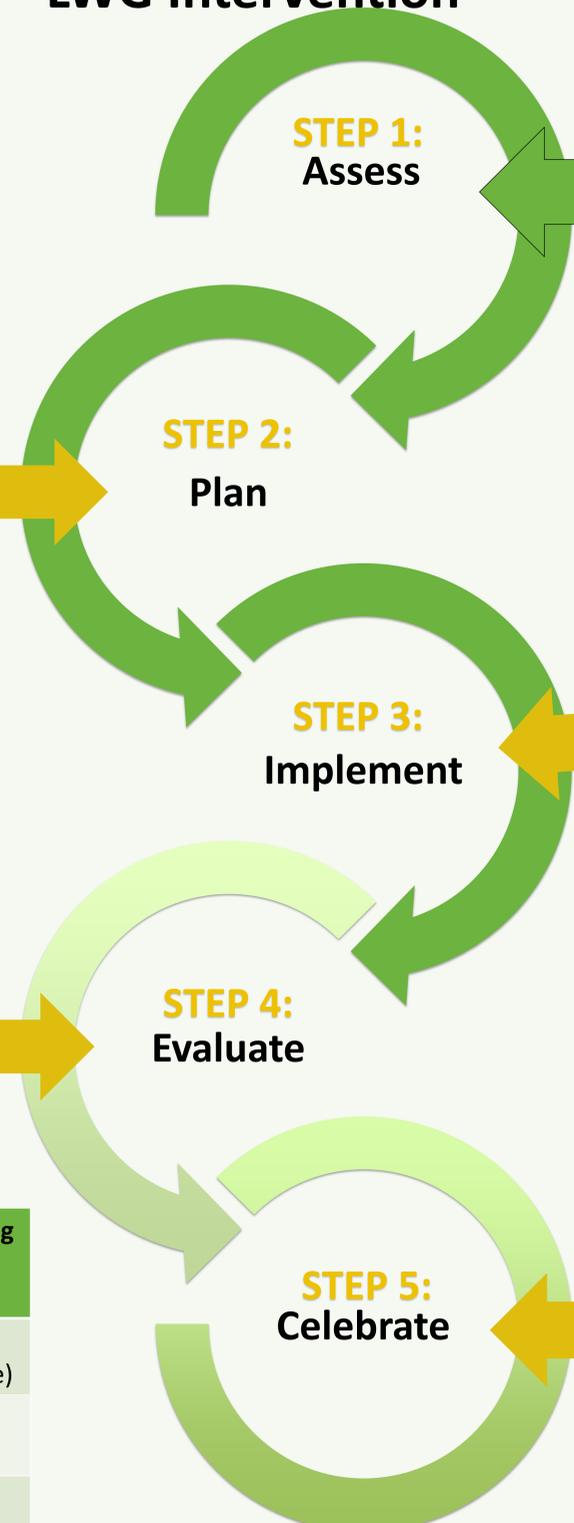
NAP SACC
 Staff complete this online survey at pre and then every year thereafter. This tool is used to compliment the EPAO tool and assist with areas that after-school programs need to prioritize.

EPAO
 The EPAO tool is used to systematically document child and staff behaviors, the out of school time nutrition and physical activity environment, and the out of school time facility nutrition and physical activity policies. There was an increase in the number of programs meeting best practices for fruit and vegetable offerings, limiting sugary sweetened beverages, providing physical activity participation time and staff modeling healthy eating behaviors (Table).

Achievement of Best Practices

LWG Best Practices	Percent Achieving Best Practice at Pre (n=9)	Percent Achieving Best Practice at Post (n=9)
Provides a fruit or vegetable at least 3 days a week	25% (Fruit) 20% (Vegetable)	42.9% (Fruit) 28.6% (Vegetable)
No Sugar Sweetened Beverages or artificially sweetened beverages	60.0%	71.4%
30 minutes or more of physical activity daily	66.7%	88.9%
Seated no more than 30 minutes at a time	33.3%	33.3%
Staff model healthy eating by consuming healthy food and drink options	87.5%	100%

LWG Intervention



ASSESS



LiveWell Out of School Time (OST) works with after-school programs to assess the program's current environment and policies with respect to nutrition, physical activity, and tobacco. This is primarily done using the Nutrition and Physical Activity Self-Assessment in Child Care (NAP SACC), which is a survey that one or two staff members from an after-school site fills out.

IMPLEMENT

During this step, after-school sites put into practice the action plan and goals they developed in the planning step.

The OST workgroup continues to be a source of support and assistance throughout this period. The workgroup provides resource to help after-school sites to implement their goals, such as meal planning, healthy foods policy samples and assistance, and CATCH game training.



Measurement Tools:
 The measurement tool, Environmental and Policy Assessment Observation (EPAO) tool is also used throughout goal implementing to examine whether the OST initiative on nutrition and physical activity is improving with the LWG intervention (Table).

CELEBRATE

It is important to recognize the successes along the way to keep after-school sites energized and motivated to continue towards healthier after-school programs for children.



While all after-school programs are encouraged to celebrate their own accomplishments, LiveWell Greenville also publicly recognizes them on its web site and award a certificate of recognition.

