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

**Assess**
- **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.

**Implement**
- **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).

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

Achievement of Best Practices

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