



NORTH CAROLINA **HEALTHY**
Out-of-School
TIME RECOGNITION PROGRAM

In 2016, the North Carolina General Assembly recognized the role that out-of-school time programs have in encouraging healthier eating and physical activity through House Bill 1030/Session Law 2016-94, Section 12E.2. As a result, the North Carolina Healthy Out-of-School Time Recognition Program (NC HOST) launched in April 2017. NC HOST offers a voluntary recognition for out-of-school time programs that meet a set of standards that are a subset of the National AfterSchool Association Healthy Eating and Physical Activity Standards (HEPA).

Healthy out-of-school time programs have the potential to put children on the path toward healthy and productive lives.⁴ Nearly 235,000 school-age children receive care in North Carolina out-of-school time programs such as before and after school, summer day camps, sports and arts camps, 4-H clubs and other similar programs. Such programs are uniquely positioned to play a role in obesity prevention by providing an environment where children can eat healthy and be physically active.

Out-of-school time providers have the opportunity to create environments where

The percentage of children with obesity has more than tripled since the 1970s.¹ Today, about one in five school-aged children (ages 6–19) is obese.²

The following behaviors contribute to childhood obesity:

44% of children ages 5–10 in North Carolina spend more than two hours in front of a screen (watching TV, videos, or DVDs or playing video games, computer games or cell phones) on a typical day.³

57% of North Carolina children and youth ages 1–17 consume one or more sugar-sweetened beverages on a typical day.³

Only 38% of North Carolina's children and youth ages 1–17 consume the recommended five or more servings of fruits and/or vegetables per day.³

healthy eating and physical activity are accessible and encouraged. They play an essential role in empowering youth to make healthy choices and become leaders and advocates for healthy changes.⁴

Standards used for NC HOST were developed from the best available evidence of programs, policies and practices shown to positively impact healthy eating and physical activity behaviors among youth. For more information about the NC HOST Recognition Program, or to see recognized programs in your area, visit eatsmartmovemorenc.com/NCHOST.

1. Geishirt, B., Hinkle, A., Casey, M., Miller, J., Samuels, S. E., Schwarte, L., & Stiffler, K. (2009). Promoting healthier after school environments: Opportunities and challenges. Los Angeles: The California Endowment.

2. Fryar CD, Carroll MD, Ogden CL, Prevalence of overweight and obesity among children and adolescents: United States, 1963-1965 through 2011-2012. Atlanta, GA: National Center for Health Statistics, 2014.

3. North Carolina Child Health Assessment and Monitoring Program (CHAMP). North Carolina Department of Health and Human Services, Division of Public Health, State Center for Health Statistics. 2013-2014.

Available at: www.schs.state.nc.us/data/champ/201314/topics.htm
4. Healthy Out-of-school time framework—standards and best practices for developing healthy out-of-school time environments. www.healthiergeneration.org/_asset/pqkqhk/HOST-Framework.pdf

PROGRAM ELIGIBILITY

Qualified out-of-school time programs:

- operate ten hours or more per week on an on-going basis
- provide regularly scheduled, structured and supervised activities where learning opportunities take place outside the typical school day
- occur before school, after school, weekends, or during seasonal and track breaks
- provide multiple activities
- include private and public programs operating in a variety of settings
 - settings include public facilities such as schools, libraries, parks and recreation, community centers, colleges and universities, as well as private facilities
 - providers include school districts, municipalities, national not-for profit organizations, local not-for-profit organizations, faith-based organizations, and for-profit agencies
- deliver activities to promote positive youth development which may include but are not limited to the following: academic support; educational enrichment; STEM (science, technology, engineering and math), cultural and social development; recreation; sports; fitness and wellness

Recognized programs will be:

- recognized statewide annually
- featured on eatsmartmovemorenc.com/NCHOST

If you have questions about the North Carolina Healthy Out-of-School Time Recognition Program, please contact NCHOST@eatsmartmovemorenc.com.

HOW TO APPLY

Step 1

Register your program at healthiergeneration.org/programs.
Once registered:

Step 2

Complete the Healthy Out-of-School Time assessment for your site

- If you have questions about the assessment, contact The Alliance for a Healthier Generation Member Engagement and Support Team.

Phone: 1-888-543-4584
Monday–Friday
9:00 am–7:00 pm EDT

Email: host@healthiergeneration.org

- Compare your results with the NC HOST minimum standards. If your program meets all of these standards, your program is qualified to apply for the NC Healthy Out-of-School Time Recognition Program.

Step 3

Complete the NC Healthy Out-of-School Time Recognition Program application online at eatsmartmovemorenc.com/NCHOST



NORTH CAROLINA **HEALTHY**
Out-of-School
TIME RECOGNITION PROGRAM