



North Carolina Healthy Out-of-School Time Recognition Program Standards

About the Standards: The North Carolina Healthy Out-of-School Time Recognition Program (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 (HEPA) standards as outlined in the Healthy Out-of-School Time Framework (healthiergeneration.org/_asset/pqkqhk/HOST-Framework.pdf).

NC HOST is partnering with the Alliance for a Healthier Generation to assess if programs are eligible for recognition. If you would like your program to be recognized as an NC HOST Program, you will need to complete the Alliance’s Healthy Out-of-School Time Assessment (healthiergeneration.org/take_action/out-of-school_time) online.

After you’ve completed the online assessment, compare your results with the NC HOST Standards. If your program meets all of the standards listed below, your program is qualified to apply for the NC Healthy-Out-of-School Time recognition. Information on how to apply for NC HOST recognition and the application form is available online: eatsmartmovemorenc.com/NCHOST.

Please note the standards listed in this document are the 28 minimum standards required to become an NC HOST Program. These standards are a subset of the 87 HEPA standards (naaweb.org/images/NAA_HEPA_Standards_new_look_2015.pdf).

HEPA Standards:

The assessment is organized into 11 subcategories – including six healthy eating standards and five physical activity standards.

Healthy Eating (HE)	Physical Activity (PA)
HE 01. Snack, Meal and Drink Quality	PA 01. Physical Activity Quality
HE 02. Staff Training – Healthy Eating	PA 02. Staff Training – Physical Activity
HE 03. Nutrition Education	PA 03. Youth, Staff and Family Support – Physical Activity
HE 04. Youth, Staff and Family Support – Healthy Eating	PA 04. Organizational Policies – Physical Activity
HE 05. Organizational Policies – Healthy Eating	PA 05. Site Environment – Physical Activity
HE 06. Site Environment – Healthy Eating	

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Use this Tool to see if you qualify for NC HOST:

After reading each best practice, mark “YES” for fully demonstrating, “NO” for not demonstrating or partially demonstrating, or “Not Applicable” if that practice is not possible because of your site’s current structure. To qualify for NC HOST you must be able to mark “YES” or “Not Applicable” for all of the standards listed below.

- 1) **YES** - Fully demonstrating means that the practice is something your site regularly demonstrates and that the practice is integrated into your program structure so it can be sustained over time.
- 2) **NO** - Not demonstrating or partially demonstrating means that your site is not demonstrating that practice, or you feel like the site’s efforts could be improved in that area. Any practice you mark as “NO” may later be identified as a goal on your action plan. Keep that in mind as you are completing your assessment
- 3) **Not Applicable** – Some practices may include “Not Applicable” as a possible response. Only select this option if that practice is **not possible** to achieve at your site as a result of your site’s current structure or composition (such as lack of eligibility for federal reimbursement programs or lack of physical space to operate an intramural sport program).

If you have any questions about terminology used in the assessment or what a specific practice may look like in action, please refer to the Healthy Out-of-School Time Framework glossary and roadmaps associated with each standard. If you need additional assistance or resources to help you meet any of these standards, contact the Alliance for a Healthier Generation’s Member Engagement and Support Team: (phone) 1-888-543-4584 Monday – Friday, 9:00 am – 7:00 pm EDT or (email) host@healthiergeneration.org

HE 01

Snack, Meal and Drink Quality:

Our organization serves foods and beverages in amounts and types that promote lifelong health and help prevent chronic disease.

Best Practices for Achieving this Standard		YES	NO	Not Applicable
E	Our program serves only grain products that are whole grain-rich. (Smart Snack Standards)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
K	Our program provides plain potable water at all times at no cost to youth and staff. (Supportive Nutrition Environments)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
M	Our program serves only 100% fruit or vegetable juice with no added sweeteners, or 100% juice diluted with water with no added sweeteners, limited to 8 fluid ounces per day for elementary school students and 12 fluid ounces per day for middle and high school students. (Smart Snack Standards)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
N.	Our program prohibits serving full-calorie sodas, sports drinks or juice drinks (not including 100% juice). (Smart Snack Standards)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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O.	Our program also prohibits serving diet soda, low-calorie sport drinks or other low calorie beverages for elementary school students, and/or only allows these beverages for high school students. (Smart Snack Standards)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
P.	Our program serves only non-caffeinated beverages. (Smart Snack Standards)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
HE 02					
Staff Training – Healthy Eating:					
Our staff regularly participates in learning about healthy eating grounded in effective training models using content that is <u>evidence based</u> .					
Best Practices for Achieving this Standard			YES	NO	
ALL STAFF MEMBERS:					
F	New staff members are quickly oriented to how healthy eating, physical activity and <u>social supports</u> can be used / utilized / integrated into organizational practices to encourage healthy behaviors (if regularly scheduled training is at least a month away).	<input type="checkbox"/>	<input type="checkbox"/>		
HE 03					
Nutrition Education:					
Our organization offers <u>evidence-based</u> nutrition education.					
Best Practices for Achieving this Standard			YES	NO	Not Applicable
B	The nutrition education we offer is <u>evidence based</u> . (Healthy Active Children Policy) <i>For example:</i> <ul style="list-style-type: none"> ▪ <i>The program uses a curriculum that is grounded in nutrition and behavioral science such as CATCH Kids Club, Body Works, Harvard Prevention Research Center’s Food and Fun After School or empowerME4Life.</i> 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
HE 04					
Youth, Staff, and Family Support – Healthy Eating:					
Our organization and staff create a <u>social environment</u> (including positive relationships among staff, youth, families and community) that encourages youth to enjoy healthy foods and beverages.					
Best Practices for Achieving this Standard			YES	NO	
ON-SITE:					
A	Foods and beverages are not used as reward or punishment.(Supportive Nutrition Environments)	<input type="checkbox"/>	<input type="checkbox"/>		

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SITE STAFF:				
G	Staff do not bring in/consume personal food or beverages in front of youth other than items that would appear on the program's menu.(Supportive Nutrition Environments)	<input type="checkbox"/>	<input type="checkbox"/>	
FAMILIES & COMMUNITY:				
J	Families receive guidelines about food and beverages that may be brought into the program by the family members or youth. (NC Program)	<input type="checkbox"/>	<input type="checkbox"/>	
K	Our program has a process in place for discussing inappropriate food and beverage choices with families. (NC Program)	<input type="checkbox"/>	<input type="checkbox"/>	
HE 05				
Organizational Policies – Healthy Eating:				
Our organization supports healthy eating through management and budgeting practices.				
Best Practices for Achieving this Standard		YES	NO	Not Applicable
	Staff at all levels of the organization model healthy eating on the job. (Supportive Nutrition Environments <i>Note: the site director will determine how far up the organizational chain this applies to, but it should be site specific e.g. anyone at the after school site should comply, but staff at the “corporate office” may not.</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
HE 06				
Site Environment – Healthy Eating:				
Our organization's <u>physical environment</u> supports healthy eating.				
Best Practices for Achieving this Standard		YES	NO	
A	Our program environment does not have posters or advertisements on the walls that promote unhealthy foods or beverages.(Healthy Active Children Policy) <i>Note: This means ON SITE</i>	<input type="checkbox"/>	<input type="checkbox"/>	
B	Our program environment provides positive messages about healthy eating through posters, pictures and books. (Supportive Nutrition Environments) <i>Note:</i> ▪ <i>May also be through music, art, murals, signage, etc.</i> <i>Note: This means ON SITE</i>	<input type="checkbox"/>	<input type="checkbox"/>	
C	Youth do not have access to food sources (e.g., vending machines, snack bars, etc.) that sell foods and beverages that do not align with the USDA Smart Snacks in School nutrition standards. (Supportive Nutrition Environments) <i>Note: This means ON SITE</i>	<input type="checkbox"/>	<input type="checkbox"/>	

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PA 01

Physical Activity Quality:

Our organization's physical activity offerings support the USDHHS 2008 guidelines recommending that all youth obtain a daily minimum of 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 for Achieving this Standard		YES	NO	Not Applicable
A	Our program dedicates at least 20% or at least 30 minutes of morning or afterschool program time to physical activity and at least 60 minutes for a full day program.(Move More After-School Standards)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
B	Our program provides physical activities in which youth are <u>moderately to vigorously</u> active for at least 50% of the physical activity time.(Move More After-School Standards)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
D	Our program ensures that daily physical activity time includes: <ul style="list-style-type: none"> ▪ <u>aerobic</u> (e.g., bicycling) ▪ <u>age-appropriate bone and muscle strengthening</u> (e.g., jump rope, push-ups, sit-ups), and, ▪ <u>cardio-respiratory fitness activities</u> (e.g., running).(Move More After-School Standards) 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
E	Our program provides a variety of physical activity options that are fun, recreational and life-long learning opportunities (e.g., swimming, bicycling, jogging, dancing).(Move More After-School Standards)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I	Our program offers activities that are adaptable, accessible and inclusive of all youth, including those with physical, sensory and intellectual disabilities.(Move More After-School Standards)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
J	Our program conducts physical activities that are integrated with enrichment, academic or recreation content (e.g., goal-driven, planned, sequentially designed and delivered in a safe, inclusive, developmentally appropriate and success oriented manner). (Move More After-School Standards)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

PA 02

Staff Training – Physical Activity

Our staff participate in learning about physical activity through effective training models with content that is evidence-based.

Best Practices for Achieving this Standard		YES	NO
STAFF MEMBERS WHO LEAD PHYSICAL ACTIVITY:			
B	Receive annually a minimum of 16 hours of in-service training, including First Aid/CPR certification. (Move More After-School Standards) <i>For example:</i> <ul style="list-style-type: none"> ▪ <i>Orientation for new staff, health/physical activity training, behavior management training, etc.</i> 	<input type="checkbox"/>	<input type="checkbox"/>
ALL STAFF MEMBERS:			

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D	Are trained not to withhold opportunities for physical activity (e.g. not being permitted to play with the rest of the class or being kept from play time) except when a youth's behavior is dangerous to himself or others. Additionally, staff members are trained to use appropriate alternate strategies as consequences for negative or undesirable behaviors.(Healthy Active Children Policy)	<input type="checkbox"/>	<input type="checkbox"/>
E	Are trained and familiar with curricular resources on integrating physical activity throughout the program.	<input type="checkbox"/>	<input type="checkbox"/>
PA 03			
Youth, Staff, and Family Support – Physical Activity:			
Our organization and staff create a social environment (including positive relationships among staff, youth, families and community) that encourages youth to enjoy and participate in physical activity.			
Best Practices for Achieving this Standard		YES	NO
SITE STAFF:			
B	Staff does not withhold or use physical activity as a reward or punishment.(Healthy Active Children Policy)	<input type="checkbox"/>	<input type="checkbox"/>
PA 04			
Organizational Policies – Physical Activity:			
Our organization supports physical activity through management and budgeting practices.			
Best Practices for Achieving this Standard		YES	NO
C	Our organization participates in ongoing self-evaluation and program improvement strategies for physical activity programming.	<input type="checkbox"/>	<input type="checkbox"/>
E	Our organization promotes and encourages a physically active lifestyle among staff.	<input type="checkbox"/>	<input type="checkbox"/>
PA 05			
Site Environment – Physical Activity:			
Our organization's <u>physical environment</u> supports physical activity.			
Best Practices for Achieving this Standard		YES	NO
A	Equipment for games, sports and activities is age and developmentally appropriate. (Move More After-School Standards)	<input type="checkbox"/>	<input type="checkbox"/>