

Let's Go!'s

10 STRATEGIES FOR SUCCESS ALIGN WITH HEPA STANDARDS

Let's Go!'s 10 evidenced-based strategies align with the National AfterSchool Association (NAA) Healthy Eating Physical Activity (HEPA) standards. Participating with Let's Go! can help you meet HEPA standards and vice versa. The charts below and on the next page show which of the Let's Go! strategies align with these national standards for healthy eating and physical activity.

NATIONAL AFTERSCHOOL ASSOCIATION (NAA) HEPA STANDARD		CORRESPONDING LET'S GO! STRATEGY
HEALTHY EATING STANDARDS		
CONTENT & QUALITY	Programs serve foods and beverages in amounts and types that promote lifelong health and help prevent chronic disease. These include minimally processed foods made with whole grains and heart-healthy fats or oils and without added sugar or trans fats; fruits and vegetables; and beverages made without added sugars.	STRATEGY 1 STRATEGY 2 STRATEGY 10
STAFF TRAINING	Staff regularly participate in learning about healthy eating grounded in effective training models using content that is evidence-based.	STRATEGY 9
NUTRITION EDUCATION CURRICULUM	Programs that offer nutrition education classes will ensure that materials presented to children are evidence-based, do not support a particular industry or food sector agenda, and are delivered by qualified personnel.	STRATEGY 6 STRATEGY 7
SOCIAL SUPPORT	The program creates a social environment, including positive relationships, that encourages children to enjoy healthy foods. Research shows that children's food choices are influenced not only by food appearance, taste and familiarity, but also by social factors including peers, role models, group dynamics, and having healthy options.	STRATEGY 1 STRATEGY 3 STRATEGY 8
PROGRAM SUPPORT	Infrastructure supports healthy eating through management and budgeting practices.	STRATEGY 1 STRATEGY 10
ENVIRONMENTAL SUPPORT	The program's physical environment supports healthy eating. Availability of vending machines, advertising, and availability of kitchen facilities can all influence food choices and food availability.	STRATEGY 1 STRATEGY 5

The National AfterSchool Association has a list of additional best practices to help you understand and implement the HEPA standards. Review the complete list at www.niost.org/pdf/host/Healthy_Eating_and_Physical_Activity_Standards.pdf.

NATIONAL AFTERSCHOOL ASSOCIATION (NAA) HEPA STANDARD		CORRESPONDING LET'S GO! STRATEGY
PHYSICAL ACTIVITY STANDARDS		
CONTENT & QUALITY	The program's physical activity offerings support the USDHHS 2008 guidelines recommending that all children and youth obtain at least 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.	STRATEGY 4 STRATEGY 5
STAFF TRAINING	Staff participate in learning about physical activity using effective training models and using content that is evidence-based.	STRATEGY 9
SOCIAL SUPPORT	The program creates a social environment, including positive relationships, that encourages children to enjoy and participate in physical activity. Research shows that children's physical activity choices are influenced not only by preference and familiarity, but also by social factors including peers, role models, group dynamics, and having multiple options.	STRATEGY 4 STRATEGY 8
PROGRAM SUPPORT	Infrastructure supports physical activity through management and budgeting practices.	STRATEGY 4 STRATEGY 9
ENVIRONMENTAL SUPPORT	The program's physical environment supports the physical activity standards.	STRATEGY 4

Let's Go!'s 10 Strategies for Success

1. Limit unhealthy choices for snacks and celebrations; provide healthy choices.
2. Limit or eliminate sugary drinks; provide water.
3. Prohibit the use of food as a reward.
4. Provide opportunities to get physical activity every day.
5. Limit recreational screen time.
6. Participate in local, state, and national initiatives that support healthy eating and active living.
7. Engage community partners to help support healthy eating and active living.
8. Partner with and educate families in adopting and maintaining a lifestyle that supports healthy eating and active living.
9. Implement a staff wellness program that includes healthy eating and active living.
10. Collaborate with Food and Nutrition Programs to offer healthy food and beverage options.

