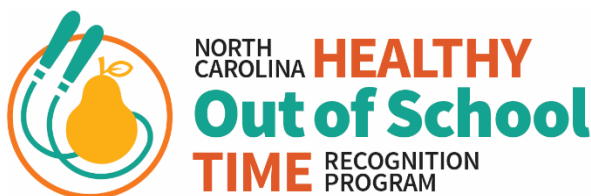


Healthy Out of School Time Recognition Program Launches in North Carolina

In 2016, the North Carolina General Assembly recognized the importance of out of school programs and the role they have in encouraging healthier eating and physical activity through [House Bill 1030/Session Law 2016-94](#), Section 12E.2. As a result, the NC Healthy Out of School Time (NC HOST) Recognition Program launched in April 2017. The NC HOST Recognition Program establishes a voluntary recognition designation for out of school time programs that meet a specific set of standards. NC HOST standards are a subset of the National After School 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.¹

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.

The percentage of children with obesity has more than tripled since the 1970s. 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

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

These standards 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: <http://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. https://www.healthiergeneration.org/_asset/pqkqhk/HOST-Framework.pdf