



NC RECREATION AND PARK WELLNESS INITIATIVE

Promoting a Healthy Lifestyle through North Carolina's Recreation and Park Agencies

Updated As of: 9/19/17

Healthy Out of School Time Standards

Healthy Out-of-School Time, or HOST standards, were created by a national coalition of out-of-school time providers. These standards give out of school time providers a great resource to offer healthy snacks and physical activity to children.



About HOST Standards

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).

Adopting HOST Standards

To assist in the adoption of HOST standards in your department, there are a few steps to take:

First Step:

Register your program at the [Alliance for a Healthier Generation website](#).

Second Step:

Take the [NC HOST site assessment](#). This assessment helps your department identify current strengths and weaknesses for 11 [Healthy Eating and Physical Activity standards](#). The HOST Assessment lets test takers select "Yes", "No", or "Not Applicable". When the assessment is completed, opportunities for growth and areas of strengths should be highlighted. These strengths and opportunities will allow your department to create an action plan on how to best adopt HOST standards moving forward.

Action Plan:

To establish your action plan, the Alliance for a Healthier Generation put together a five-step approach:

- A. Choose best practices/goals to work on (most sites do best when working on 1-5 best practices at a time).
- B. Review AHG implementation strategies, [examples and resources](#)
- C. Take notes on how you plan to implement healthy changes to meet this best practice.
- D. Revisit, review and revise! Update your progress, add more notes or mark an item complete to automatically update your Healthy Out-of-School Time Assessment.
- E. Add new items to your Action Plan as you complete other items! Share your progress with staff, parents, youth, and community members by posting on our [Action Plan Poster](#).

To learn more about getting started with your action plan, check out [this short video](#).

Once complete with the assessment, compare your results with the North Carolina HOST minimum standards.

Third Step:

Once your site meets the North Carolina's HOST minimum standards, complete the [NC HOST Recognition Program application](#).

Is your Out of School Time Program Eligible?

Your program is eligible to become a Healthy out of School Time site if you:

- 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.
 - Programs 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

Resources

[Eat Smart Move More North Carolina - NC HOST Program](#)

[Alliance for a Healthier Generation HOST Page](#)

[NC YMCA HOST Recognition Page](#)