

# Programs Call to Action CHALLENGE

## Healthy Kids ...What's in the Works for Meeting Challenges Today and Tomorrow?



### How do you become a Healthy Program?

By taking healthy actions EVERYWHERE kids go that

1. Provide knowledge, skills, and practice for making healthy choices
2. Provide healthy eating options
3. Provide opportunities for physical activity
4. Support and encourage kids, families, program staff, and community to make healthy choices

Name of Program \_\_\_\_\_

Number of youth \_\_\_\_\_ Age levels \_\_\_\_\_

Name & position of person completing survey  
\_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Enter your total points after completing the *Call to Action Challenge* \_\_\_\_\_

(Note: All information is confidential, programs will not be identified or compared)

**Check it out on the reverse side! What exists or is already in the works for healthy actions in your program?**

Note: We realize actions may be occurring in your program at one or more age levels. Please base your response on what is happening at a majority of age levels.

**Check if you would like assistance or resources to take any of the healthy actions**

**Comments:**



# Healthy Kids in Programs...What's in the Works for Meeting Challenges Today and Tomorrow?

Healthy\*eating refers to providing food options that are lower in fat, calories, and added sugars, such as fruits, vegetables, whole grains, and low-fat or nonfat dairy foods.

For each category, please use the following numbers to indicate what's happening in your program

0\_not happening and change is not likely

2\_action plan for change is in process

1\_not happening but would like to make a change

3\_this is already happening in your program

After rating each action, circle the actions listed for which a policy exists

## ACTIONS for Effective Teams

- Develop a team to plan, coordinate, and promote healthy messages
- Identify goals and actions
- Maintain a way to check progress
- Recognize and reward individuals and teams
- Create plans to sustain healthy change
- Celebrate progress

## ACTIONS for Awareness

- Consistently incorporate healthy messages
  - as a part of events
  - on bulletin boards
  - in newsletters
  - other (describe \_\_\_\_\_)
- Provide in-services for staff
- Identify and communicate resources to staff
- Incorporate healthy themes that are highly promoted and visible (i.e., Fruit and Veggie Week or Fit Kids Month)
- Use surveys to identify and communicate needs and solutions for healthy change
- Use displays during open houses or other events to invite family support and involvement

## ACTIONS for Linking and Role-Modeling

- Communicate with kids and others for feedback and healthy change ideas
- Develop good participation in staff wellness programs
- Invite role-models (older kids, community leaders, media) to promote healthy choices
- Develop activities that allow kids to be advocates for healthy change with their family

## ACTIONS for a Healthy Environment:

- Provide healthy food options in/for:
  - Vending
  - Concession Stands/Snack Bars
  - Special Events
  - Snacks & parties
- Ensure fundraisers send a healthy message
- Provide physical activity or other nonfood items as rewards
- Encourage ALL kids to join in physical activity regardless of skill level
- Emphasize healthy "choices" & positive body image rather than body weight
- Implement policies to support healthy environments
- Offer clubs/classes with a healthy habit focus (walking, yoga, cooking)

## ACTIONS for Healthy Eating Messages

- Integrate healthy eating information into routine practices
- Include activities to teach cooking and food safety skills
- Use the following criteria to choose activities:
  - fun and "hands-on" for practice in making healthy choices
  - consistent with MyPyramid concepts (variety-balance-fat-choices)
  - encourage fruit and vegetable intake
  - incorporate physical movement
  - include food tasting

## ACTIONS for Physical Activity

- Physical movement integrated into routine practices
- Fun physical movement activities are used to "fill" extra time.
- Use the following criteria to choose activities:
  - encourage a physically active lifestyle attitude, knowledge, and skills for both individual active-time and team sports
  - provide options to reduce TV or other "screen" time
  - incorporate healthy eating messages