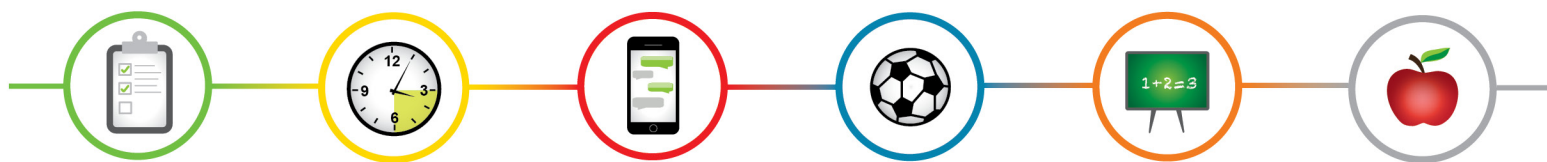




YOUR SITE REPORT

Feedback from School's Out... Let's Move

2015-2017



SCHOOL'S OUT... LET'S MOVE

What is SOLMo?

School's Out...Let's Move (SOLMo) is an after-school initiative created by Ever Active Schools. The aim of this initiative was to increase physical activity and healthy eating among children that attend after-school care.

In 2015, researchers from the University of Alberta received funding to expand SOLMo in order to increase our understanding of health behaviours among children in Alberta.

Why after-school?

The after-school hours (from 3:00-6:00pm) are often overlooked as a time where healthy eating and physical activity can be encouraged.^{1,2,3} This makes after-school care an ideal setting to increase healthy eating and physical activity.^{2,4}

SOLMo uses a comprehensive approach to promoting health in the after-school setting and considers the importance of teaching and learning, social and physical environments, policy, and partnerships with the community and other services.

Research Summary:

- Snack consumption was recorded
- Pedometers worn for 5-days at the site
- Measured height and weight
- Parent/guardian(s) completed a Home Survey
- Site directors/supervisor(s) completed the Nutrition and Physical Activity Self-Assessment for Child-Care (NAP SACC) Survey

What happened?

To understand health behaviours among youth in Alberta attending after-school care, data about children's eating and physical activity behaviours were collected in eight after-school sites. After baseline data was collected and summarized in the initial report in 2015, four sites received a healthy after-school intervention (September 2016 – February 2017). The other four sites served as controls.

Once the intervention was completed, follow-up data collection occurred. The control sites were then provided with the intervention resources. What is presented in this report is a summary of your site's baseline and follow-up data combined.

Thank you!

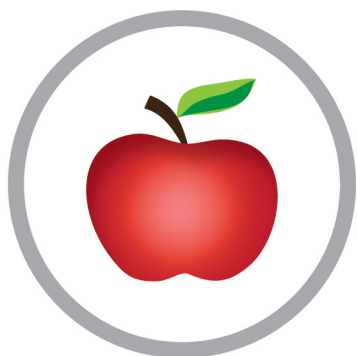
Thank you so much for your participation and support for the successful completion of the School's Out...Let's Move project. Our team very much enjoyed working with your staff and children at your site and hope you did too! We hope your site will continue to benefit from the resources provided from SOLMo and that we can continue to build on the work we have done together to improve healthy behaviours for children attending your program.

Questions?

If you have any questions, please contact Pierrette Elias, Project Coordinator, at pierrett@ualberta.ca or 780-974-9592

This research has been funded by the generous support of the Stollery Children's Hospital Foundation through the Women's and Children's Health Research Institute.

HEALTHY EATING



Following Canada's Food Guide will help contribute to: ⁶

- overall health and vitality
- reduced risk of obesity, type 2 diabetes, heart disease, certain types of cancer and osteoporosis
- adequate intake of vitamins, minerals and other key nutrients

Food Groups:

Servings Recommended For:

Girls & Boys

4-8 years

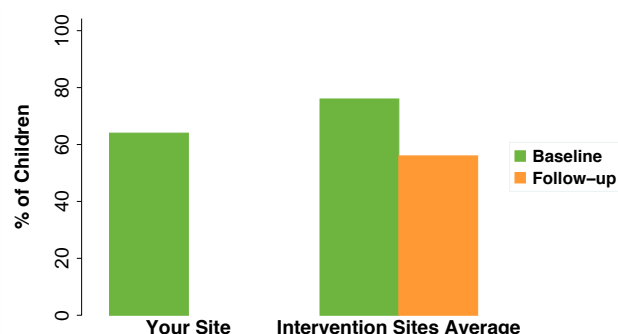
9-13 years

Vegetables and Fruit	5	6
Grain Products	4	6
Milk and Alternatives	2	3-4
Meat and Alternatives	1	1-2

VEGETABLES & FRUIT

Percentage of children at your site that had vegetables or fruit in their snack:

(of those that consumed a snack)



Note: Your site did not offer vegetables or fruits as a snack during follow-up observation days.

WHY IT'S IMPORTANT

Provides essential vitamins, minerals and fibre that promote good health. Eating the recommended number of servings per day can help reduce the risk of obesity, diabetes, heart disease and certain types of cancer.^{6,7}

WHAT CAN BE DONE AT YOUR SITE ?

Fresh, frozen, dried and canned vegetables and fruit are all nutritious options.⁶

Offer “choose most often” foods and beverages from the Alberta Nutrition Guidelines for Children and Youth, such as: ⁵

- fresh carrot sticks
- raisins
- fresh cucumber slices
- apple and orange slices
- unsweetened fruit sauce
- smoothies made with frozen berries
- fruit cups packed in water (not syrup)

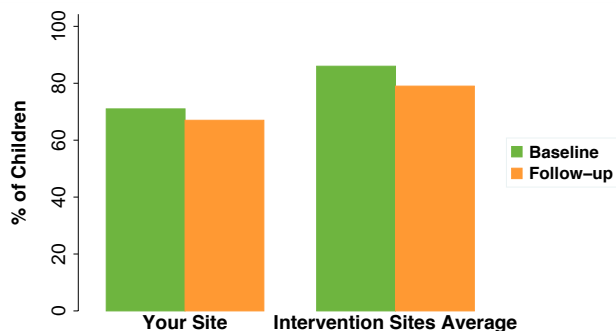
Help promote healthy eating habits by encouraging children to eat more vegetables & fruits.

Please see page 4 for details on the Alberta Nutrition Guidelines for Children and Youth.

GRAIN PRODUCTS

Percentage of children at your site that had grain products in their snack:

(of those that consumed a snack)



WHY IT'S IMPORTANT

Provides carbohydrates, dietary fibre, vitamins and minerals.⁹ Carbohydrates are key for supplying the body with the energy required for physical activity and brain functioning.⁹

WHAT CAN BE DONE AT YOUR SITE?

Offer “choose most often” foods from the Alberta Nutrition Guidelines for Children and Youth, such as: ⁵

- whole grain bread
- brown and wild rice
- whole grain crackers
- whole wheat pasta
- whole grain wraps
- oatmeal or oat bran

MILK & ALTERNATIVES

Percentage of children at your site that had milk or alternatives in their snack:

(of those that consumed a snack)



WHY IT'S IMPORTANT

Provides calcium, protein and vitamin D which are important for the growth and maintenance of healthy bones and teeth.¹⁰

WHAT CAN BE DONE AT YOUR SITE?

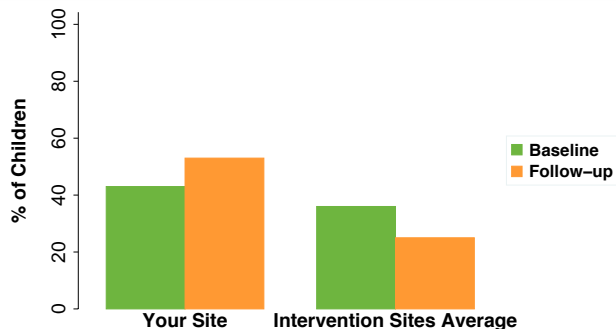
Offer “choose most often” foods and beverages from the Alberta Nutrition Guidelines for Children and Youth, such as: ⁵

- skim, 1%, 2% milk, or fortified soy beverage
- yogurt, kefir, soygurt (from soy)
- cheddar, mozzarella, ricotta cheese
- no salt added cottage cheese

MEAT & ALTERNATIVES

Percentage of children at your site that had meat or alternatives in their snack:

(of those that consumed a snack)



WHY IT'S IMPORTANT

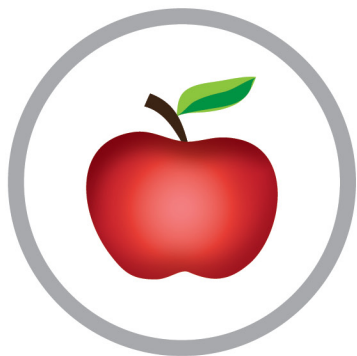
Provides protein, iron, zinc and B vitamins for growth and tissue repair, oxygen transportation, immune function and energy metabolism.¹¹

WHAT CAN BE DONE AT YOUR SITE?

Offer “choose most often” foods from the Alberta Nutrition Guidelines for Children and Youth, such as: ⁵

- lean meats
- eggs
- tofu
- legumes (beans, peas, lentils)

HEALTHY EATING



Alberta Nutrition Guidelines for Children and Youth help to create an environment which provides and promotes healthy food choices.⁵

They proposed the following food rating system and recommended that 100% of foods available for regular consumption at childcare facilities be from the category “choose most often”:⁵

	choose most often	choose sometimes	choose least often
added fat, sugar or salt	little or none	some	high amounts
recommendations	daily	no more than 3 servings per week	not recommended
availability at childcare facilities	100%	0%	0%

Creating a welcoming environment can help children feel relaxed and comfortable, and can be a more enjoyable experience during meal and snack times. Having care providers or staff sit together with the children and role model positive behaviours during meal and snack times to can further encourage healthy eating habits. Ideas for care providers to promote healthy eating habits for children include⁵:

- make healthy food choices to be a positive role model
- creating conversations with children about the importance of healthy eating
- offering a variety of healthy foods choices for children
- offering new types of healthy foods frequently, increasing exposure to encourage children to try new foods
- where or whenever possible, have children get involved in the healthy meal or snack preparation
- brainstorm new ways to make healthy eating fun and easy. Eg. A daily healthy tip or a “did you know?” about healthy foods

FOODS TO BE LIMITED

Percentage of all intervention sites that offered sweets or salty foods one or more times per week:

Sweets and salty foods include cookies, cakes, muffins, chips, etc.



Note: No sites offered sweets or salty foods during follow-up observation days.

WHY IT'S IMPORTANT

If children fill up on non-nutritious calories and miss out on healthy foods, they risk missing out on important nutrients that are required for healthy growth and development.

WHAT CAN BE DONE AT YOUR SITE?

Offer foods that follow the Alberta Nutrition Guidelines for Children and Youth.

In place of rewarding with candy or other non-nutritious foods, try:

- stickers, stamps, temporary tattoos
- additional gym or outside time
- games
- points or “stars” to build up for prizes

SUGARY DRINKS

Percentage of all intervention sites that rarely offered sugary drinks:

Sugary drinks include; sport drinks, sweet tea, punches, pop and Kool-Aid™. This does not include 100% juice



WHY IT'S IMPORTANT

Drinks that have high amounts of sugar such as pop, have low or no nutritional value⁵. These choices may also displace other healthy drinks such as water, milk and fortified soy beverages.

The percentage of sites rarely offering sugary drinks decreased 25% from baseline to follow-up of the study period.¹²

Water is recommended as the first choice to quench thirst.¹ Encourage children to keep a water bottle with them during after-school care and to drink water when thirsty.

WHAT CAN BE DONE AT YOUR SITE?

When providing beverages at the site, follow the “choose most often” category from the Alberta Nutrition Guidelines, such as: ⁵

- water
- skim, 1%, and 2% milk
- unsweetened fortified soy beverages

STAFF TRAINING OPPORTUNITIES

Percentage of all intervention sites that provided training opportunities for staff on nutrition:

Other than food safety and food program guidelines



WHY IT'S IMPORTANT

Between the ages of 6 and 12, children are learning to make decisions and beginning to make more choices on their own. They are developing habits that will impact the rest of their lives, including nutrition and physical activity behaviours.¹⁰ Having healthy foods available will help build upon and encourage these healthy choices.

WHAT CAN BE DONE AT YOUR SITE?

Offer and encourage your staff and team to take part in learning more about food, nutrition and healthy eating through professional development opportunities. Improving knowledge on food and healthy eating can encourage healthy habits for everyone and can improve the promotion of healthy eating within your program for children and staff at your site.

PHYSICAL ACTIVITY



The Canadian Physical Activity Guidelines recommend children and youth between the ages of 5-17 years accumulate *at least 60 minutes* of moderate-to-vigorous intensity physical activity daily.¹⁴

Moderate

- heart rate increases
- you can talk but not sing

walking quickly
skating
bike riding
skateboarding

Vigorous

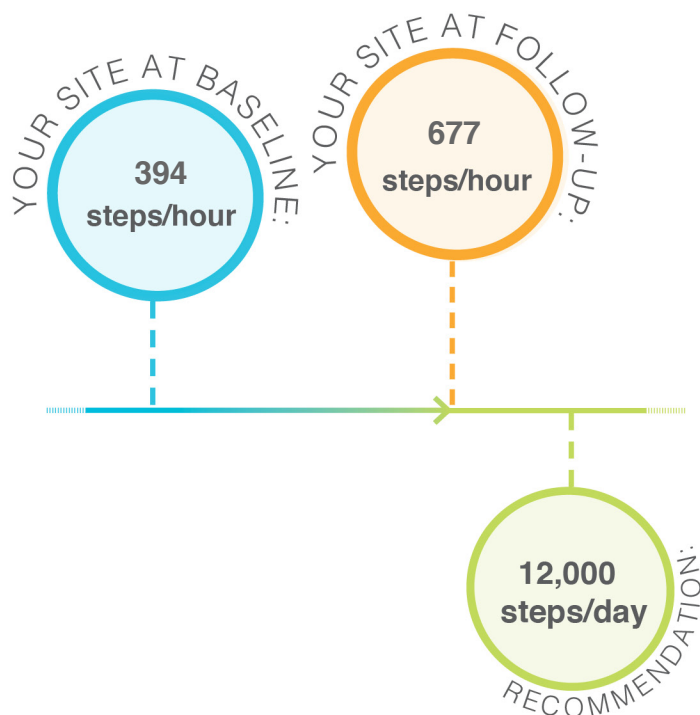
- heart rate is higher
- you can only say a few words without catching your breath

soccer
running
jumping rope
basketball

PHYSICAL ACTIVITY

Average number of *hourly* steps taken during after school hours:

**hours between 3:00-5:00 p.m.*



WHY IT'S IMPORTANT

Moderate-to-vigorous physical activity for at least *60 minutes a day* helps contribute to many overall benefits, such as: ¹⁴

- improving health
- feeling happier
- improving self-esteem
- learning new skills
- improving fitness
- improving in school

WHAT CAN BE DONE AT YOUR SITE?

Encourage free-play such as tag, jump rope or hop scotch. Have equipment readily available so it's easy for children to stay active.

Send information home to parents about activities available in your community such as: organized sports, drop-in schedules at recreation centres, clubs or groups and volunteer opportunities.

Note: Vigorous intensity activities and activities that strengthen muscles and bones are recommended at least 3 days a week.

STAFF-LED PHYSICAL ACTIVITY

Percentage of all intervention sites that provided staff-led physical activity one or more times per day:



Note: No sites provided staff-led physical activities during follow-up observation days.

WHY IT'S IMPORTANT

As children grow, their interest in physical activity may decrease while their interest in television, gaming, surfing the internet or texting may increase. It is important to continue to provide and support opportunities both **structured** (active games organized and led by the staff) and **unstructured** (free-time) physical activity.

The percentage of site staff encouraging children to be active decreased 25% from baseline to follow-up of the study period.¹²

WHAT CAN BE DONE AT YOUR SITE?

Provide opportunities for children to help suggest and plan activities within the site.

Lead and facilitate fun games and activities that are fun for everyone to encourage participation. Get involved and participate with the children to encourage and make physical activity fun for everyone.

Organize events such as Winter Walk Day in February or register with UWALK for a fun and easy way to encourage physical activity for children and their families. Participants can track their progress and complete walking challenges. UWALK will provide the tools and resources to get you started (such as lending step-counter kits).

<http://uwalk.ca/>

STAFF TRAINING OPPORTUNITIES

Percentage of all intervention sites that provided training opportunities for staff on physical activity:

Other than playground safety.



WHY IT'S IMPORTANT

During the after-school hours, it's important that staff monitor whether children are achieving the moderate-to-vigorous intensity of physical activity. If levels are low, knowing how to organize and encourage activities can help children meet the daily recommendation of 60 minutes.

WHAT CAN BE DONE AT YOUR SITE?

Offer and encourage your team and staff training opportunities to increase their knowledge and confidence in leading and facilitating activities. Plan fun activities and games in order to increase participation and physical activity for children at your site.

SUGGESTIONS FROM SOLMo



Promote Healthy Eating:

Get children involved in menu planning. Ask children what types of healthy snacks they would like to see on the menu. Keep track of who made suggestions as this may encourage more kids to try new foods knowing it was one of their peers who suggested it.

Offer a cooking club program. This can be fun for the children and may help children try foods they helped prepare. This is a great time to have conversations about the importance of healthy food choices. Getting extra help in the kitchen may also help reduce the work load for you and your staff!

Educate children through informal conversation by taking the opportunity during meal and snack times to talk about the importance of healthy eating. Conversations during a cooking club or food preparation are also a great way to talk about why healthy food choices are essential for growing and building strong bodies!

Partner with your local grocery store. Many community organizations are happy to help programs in their community by providing options to help with your grocery budget. In exchange for their generosity, offer to promote their store by ensuring parents and members of your community are aware of their support for your program.

Invite community members or university students with nutrition knowledge to come in to give short demonstrations on healthy food recipes or presentations on healthy eating. Children are interested and enjoy it when new people come in to the programs to interact with them. It may provide your team with some program ideas as well.

Promote Physical Activity:

Try setting a specific time designated for physical activity opportunities every day. This may help ensure time is available for children to achieve the Canadian Physical Activity Guideline daily recommendation for 60 minutes or more of moderate-to-vigorous activity.

Get children involved in program planning for physical activity opportunities. Determine what the children are currently interested in, and work with your team to provide those opportunities.

Encourage your team members to role model physical activity by having them participate with the children during physical activity opportunities. This will promote and encourage participation among children who may be less likely to participate.

Partner up with your local school or recreation centre for space or physical activity equipment. The additional resources can help to better encourage physical activity for children at your site.

Invite local community members to come in to teach children different types of sports or activities. Learning about new types of physical activity opportunities will increase exposure for children, which may encourage interest for those currently not meeting the daily physical activity recommendations.

FURTHER INFORMATION



Review and share this report with staff, parents and community stakeholders, such as Alberta Health Services Health Promotion Coordinators.

Others have used presentations, newsletters and various communication techniques to share these reports and identify areas for collective action and to inform changes.

Your Alberta Health Services contact is:

Name: [Judy Newman](#)

Phone: [780-735-3041](#)

Email: judy.newman@albertahealthservices.ca

RESOURCES

After-School Resources:

Ever Active Schools: www.everactive.org/after-school-hours-project

Active After School: <http://activeafterschool.ca>

Comprehensive School Health:

Joint Consortium for School Health: www.jcsh-cces.ca

Alberta Coalition for Healthy School Communities: www.achsc.org

Ever Active Schools: www.everactive.org

APPLE Schools: www.appleschools.ca

Guidelines and Resources:

Eating Well with Canada's Food Guide: www.hc-sc.gc.ca

Canadian Physical Activity Guidelines: www.csep.ca

Alberta Nutrition Guidelines for Children and Youth: www.health.alberta.ca/health-info/nutrition.html

Daily Physical Activity (DPA):

Alberta Education: <http://education.alberta.ca/>

Gardens:

Earth Box: www.earthbox.com

Evergreen: www.evergreen.ca/en/



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