



Policy Opportunities

Policy Levers and Opportunities	Benefits	Barriers	Guidelines and Resources
<p>State CACFP Guidelines Strengthen state CACFP guidelines.</p>	<p>Strengthened guidelines would reach approximately half of the children in Minnesota that participate in afterschool programs.</p>	<p>Additional regulations may deter providers from applying for reimbursement if paperwork and reporting are seen as too cumbersome. Since CACFP nutrition guidelines are under USDA review, providers may want to wait for new federal guidance before supporting additional state standards.</p>	<p>Arizona's Empower program</p> <p>New York State's CACFP guidelines</p>
<p>21st Century Community Learning Centers Work with 21st CCLCs to improve integration of healthy eating and physical activity best practices.</p>	<p>Two-thirds of children in 21st CCLCs are low-income.</p>	<p>These programs have limited reach in terms of the number of children involved — serving about 20,000 in Minnesota. Support for funds is essential.</p>	<p>Oregon's Public Health Division incorporates 21st CCLCs with Coordinated School Health programs.</p>
<p>Summer Programs Strengthen healthy eating and physical activity standards for summer programs.</p>	<p>Summer programs provide healthy settings for children and youth during months when many lack access to school meals or opportunities to be active.</p>	<p>Enrollment of Minnesota school children in summer programs is substantial, but the programs operate only during the summer months.</p>	<p>Philadelphia's Parks and Recreation Department guidelines</p> <p>FRAC's Standards of Excellence for Summer Food Programs</p>
<p>School Wellness Policies Strengthen policies and evaluation affecting healthy eating and physical activity in afterschool and OST programs, including school partnerships with non-profits.</p>	<p>Federal legislation mandates school wellness policies and evaluation. Applying policies to school-based OST programs may be possible. Many 21st CCLCs are based at schools.</p>	<p>School wellness policies are unlikely to affect programs that are not based at schools and are not tailored to reach disadvantaged children. Local politics may heavily influence policy development and implementation.</p>	<p>Yale Rudd Center's WellSAT assessment tool</p> <p>Minneapolis Public Schools' school wellness policy (sample language)</p>

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<p>Training Increase the availability of trainings for afterschool /OST managers and/or staff on obesity prevention policies and programs.</p>	<p>Afterschool programs occur in a variety of settings; trainings that build competencies will help program staff adapt programs and activities to different environments.</p>	<p>Staff turnover is high and training may be expensive and difficult to sustain. Training is mandatory for food safety/first aid and is voluntary, not mandated, for nutrition and physical activity.</p>	<p>North Carolina's Afterschool Training Database</p> <p>University of Minnesota's Youth Studies and Youth Development Leadership programs may have training resources.</p>
<p>Accreditation Strengthen MNSACA standards to include practices for healthy eating and physical activity.</p> <p>Quality Assessments (QA) Improve Quality Assessment tools and highlight tools that include nutrition and physical activity.</p>	<p>Stakeholders may not object to accreditation in care programs since participation is often optional.</p> <p>QAs with performance incentives could be a more powerful motivator than additional regulations in OST programs.</p>	<p>If accreditation is voluntary, the process may fail to reach many low-performing programs that are traditionally uninterested in accreditation, often because of lack of resources or perceived barriers to accreditation.</p>	<p>MNSACA MAAP 2.0 Guide</p> <p>Quality rating systems, like Arizona's Empower program for child care providers, incentivize standards by offering license fee discounts and marketing opportunities to providers who meet standards.</p>
<p>State Guidelines Strengthen <i>Learning Guidelines for Children for Ages Five to Twelve</i> to include policy language on healthy eating and physical activity, such as the duration of active play and types of healthy foods.</p>	<p>Strengthened guidelines from three key Minnesota state agencies would help disseminate best practices for healthy eating and physical activity standards and increase opportunities for state leadership.</p>	<p>Guidelines are only recommendations. For that reason, they may not be used actively by providers.</p>	<p>Minnesota's Learning Guide for Ages Five to Twelve</p> <p>New York State's Healthy Kids Healthy New York Guidelines</p>

*To learn more about these topics, please visit the [Minnesota Afterschool and Out-of-School Time Toolkit for Health Eating and Physical Activity](#).

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