

Health Behavior: Nutrition and Physical Activity

The program supports healthy youth behavior and choices in the areas of nutrition and physical activity.

Nutrition:

1. **The program considers nutritional value when selecting food to serve to youth**
 - a. The program serves food and beverages in amounts and types that promote lifelong health and prevent chronic disease, based on currently accepted standards of childhood nutrition.

Performance Level 4: The program updates its own meal and snack guidelines on an annual basis based on the highest current standards in the field of childhood nutrition. These standards may come from the academic field and go beyond government recommendations. The program consistently follows its own guidelines.

Performance Level 3: The program updates its own meal and snack guidelines at least every three years based on the most current government recommendations regarding childhood nutrition. The program generally follows its own guidelines.

Performance Level 2: The program does not have its own meal and snack nutrition guidelines, or else it has these on paper but does not generally follow them. The program makes some attempt to ensure that the meals and snacks are relatively healthy for the children.

Performance Level 1: The program not make any attempt to ensure that the meals and snacks are healthy for the children.

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- b. The program considers the nutritional value of the food options when choosing food vendors.

Performance Level 4: The program regards the nutritional value of the food options as the top priority, more important than cost or any other consideration, when choosing food vendors.

Performance Level 3: The program considers the nutritional value of the food options as a high priority, as important as cost, when choosing food vendors. Some vendor decisions are based on cost concerns and some on nutritional concerns.

Performance Level 2: The program considers the nutritional value of the food options when choosing food vendors, but this consideration rarely trumps any other considerations.

Performance Level 1: The program does not consider the nutritional value of the food options when choosing vendors.

See the [resource section](#) for current nutrition standards according to the USDA.

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2. **The program considers multi-cultural values when selecting food to serve to youth**
 - a. The program is sensitive to the culture of program youth when choosing food to serve.

Performance Level 2: Staff generally do not eat meals or snacks in front of the youth, neglecting to model food choices at all. When they do eat meals and snacks in front of youth, they are often eating and/or choosing unhealthy foods.

Performance Level 1: Staff often eat meals and snacks in front of youth that are unhealthy.

5. Professional development around nutrition issues is appropriate and high quality

- a. Staff are trained in general nutrition issues as well as trained to conduct nutrition programming for the youth.

Performance Level 4: All staff participate in basic training around general nutrition issues, and all staff who will participate in nutrition programming with youth are trained in how to conduct this programming. This training is based on the highest current standards in childhood nutrition and in health education and behavior change pedagogy.

Performance Level 3: Most staff participate in basic training around general nutrition issues, and most staff who will participate in nutrition programming with youth are trained in how to conduct this programming. This training is based on the highest current standards in childhood nutrition; however, it is not based on the highest current standards in health education and behavior change pedagogy.

Performance Level 2: Some staff participate in basic training around general nutrition issues, and some staff who will participate in nutrition programming with youth are trained in how to conduct this programming. However, this training is not based on the highest current standards in childhood nutrition or in health education and behavior change pedagogy.

Performance Level 1: Staff are not trained in general nutrition issues. Staff who will participate nutrition programming with youth are not trained in how to conduct this programming.

- b. Professional development around nutrition issues follows the guidelines for appropriate and high quality professional development outlined in the Administration section, standard #4, and goes beyond giving reading material to staff.

Performance Level 4: The administration's evaluation of the program's professional development needs and offerings and development of a professional development plan include attention to PD around nutrition issues. The program uses qualified, experienced trainers and/or evidence-based training materials for professional development around nutrition issues. Professional development around nutrition issues includes job-embedded learning in addition to formal training opportunities.

Performance Level 3: The administration's evaluation of the program's professional development needs and offerings and development of a professional development plan include attention to PD around nutrition issues. The program uses effective trainers and training materials for professional development around nutrition issues, though these may not have an established track-record. Professional development around nutrition issues consists entirely of formal training opportunities and does not use job-embedded learning.

Performance Level 1: All physical activity equipment and materials represent just one or two of the following categories: high-intensity, moderate intensity, competitive, and noncompetitive.

3. The program limits the use of screens for youth activities

- a. Screen use is limited other than use of computers or mobile technology for homework or specific enrichment activities.

Performance Level 4: The only time that youth use screens during the program is when doing homework, engaging in program-sponsored enrichment activities, engaging in physical activity, or using the technology to create something new through a self-directed, high-level project.

Performance Level 3: Youth do not spend more than 15 minutes during the average program session using screens for a purpose other than the following: doing homework, engaging in program-sponsored enrichment activities, engaging in physical activity, or using the technology to create something new through a self-directed, high-level project.

Performance Level 2: Youth do not spend more than 45 minutes during the average program session using screens for a purpose other than the following: doing homework, engaging in program-sponsored enrichment activities, engaging in physical activity, or using the technology to create something new through a self-directed, high-level project.

Performance Level 1: Youth often spend more than 45 minutes during the average program session using screens for a purpose other than the following: doing homework, engaging in program-sponsored enrichment activities, engaging in physical activity, or using the technology to create something new through a self-directed, high-level project.

- b. If the program uses video games that include physical activity, the use is intentional and carefully monitored to ensure the game really does promote physical activity.

Performance Level 4: The staff carefully assess the pros and cons before introducing any video game to the program for the youth to use during physical activity and on an ongoing basis. A staff person is engaged at all times with youth using these games in order to ensure the game really does promote physical activity.

Performance Level 3: A staff person is engaged at all times with youth using these games in order to ensure the game really does promote physical activity. However, staff don't carefully consider the pros and cons of introducing such a game to the program.

Performance Level 2: Staff check in periodically with youth who are using these games and encourage youth to challenge themselves physically while playing. However, staff do not actively engage at all times with youth using these games in order to ensure the game really does promote physical activity.

Performance Level 1: Staff do nothing to encourage youth to challenge themselves physically while playing these games or to ensure the game really does promote physical activity.

NA: The program does not use video games that include physical activity.
