MOVING KIDS TOWARDS A HEALTHY LIFESTYLE

Y-KIDS ARE FIT
YMCA OF CENTRAL OHIO

DIALOGUE4HEALTH WEB FORUM

August 8, 2012
ADDING PHYSICAL ACTIVITY TO YOUR OUT-OF-SCHOOL-TIME PROGRAM

Make it your Social Responsibility as a staff member in Youth Development programs to teach and model Healthy Living.
AGENDA

• STEPS YMCA OF CENTRAL OHIO HAS TAKEN TO ADD PHYSICAL ACTIVITY TO OUR PROGRAMS

• LESSONS WE’VE LEARNED

• CHALLENGES

• WHERE WE ARE NOW
STEPS THE YMCA OF CENTRAL OHIO HAS TAKEN TO IMPLEMENT PHYSICAL ACTIVITY INTO OUR PROGRAMS:

- CREATED A USER-FRIENDLY CURRICULUM
- TRAINED STAFF
- NOTIFIED AND INVOLVED FAMILIES AND HOSTS
- CREATED POLICIES
- ADDED COMMUNITY PARTNERSHIPS
- CONTINUOUSLY ASSESSING AND MAKING CHANGES
CREATED A USER-FRIENDLY CURRICULUM:

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www.ymcacolumbus.org/ykids-fit
TRAINED STAFF:

• All Staff Training
  Hands-On
  Peer Trainers

• Y-Kids Champions
  Help with curriculum enhancements and
  staff training

• Site Resource Kits
  Binders
  Flip Cards
  Music

• Online Training
  New this year
NOTIFIED AND INVOLVED FAMILIES AND HOSTS:

- Added information about Y - Kids are Fit to the Registration Packet and Website
- Added Y-Kids Are Fit Program Information to Our Host Relations Packet
- Monthly Family Newsletter - Available for host
- Presentations and Demonstrations at School Board Meetings or Other School or Community Events
CREATED PROGRAM POLICIES: A few examples

• Time and Intensity

• Required in Daily Program Planning

• Non-elimination activities

• Ohio Kids On The Move Guidelines

• Healthy Eating Physical Activity Guidelines
COMMUNITY PARTNERSHIPS:

- The Ohio State University Department of Human Nutrition-Dietetic Interns-Food Fit and Snack
- Children’s Hunger Alliance-AmeriCorps Program
- Pioneering Healthier Communities
CONTINUOUSLY ASSESSING AND MAKING CHANGES:

- Survey staff, participants and families
- Evaluate activities and implementation
- Ensure goals are met
- Involve front-line staff-input for changes and peer training
- Adapt activities to each program
LESSONS WE HAVE LEARNED:

• Activities are best implemented by on-site staff

• Cookie cutter activity expectations are difficult

• Involve front line staff in decision-making and training

• Training is necessary for everyone and difficult with turnover

• Try not to own the initiative as administrator Get buy-in and get help with implementation

• Provide tools and resources to front line staff
BIGGEST CHALLENGES:

I. STAFF COMFORT
BUY IN
IMPLEMENTATION
TURNOVER

II. ON-SITE TIME CONSTRAINTS
WHERE WE ARE NOW:

• Added nutrition component: Food and Fun After School.

• Beginning on-line training option to ease implementation

• Most staff only know programming to include daily PA.

• Encouraging staff to take initiative to find their own resources for activity ideas and curriculum.
Resources:

Y-Kids Are Fit:
www.ymcacolumbus.org/ykids-fit

Food And Fun Afterschool
www.hsph.harvard.edu/research/prc/projects/food-fun/

Ohio Kids On The Move: PDF & Documents
www.ohioafterschoolnetwork.org
THANK YOU!

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