



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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

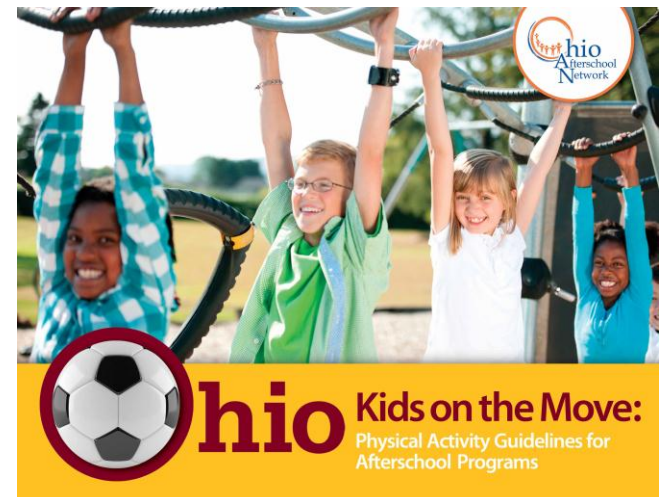
NOTIFIED AND INVOLVED FAMILIES AND HOSTS:

- **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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