

21st Century Community Learning Centers

FACT SHEET

August 2013



Michigan 21st CCLC programs promote healthier youth!

New data from student surveys of 9,071 participants in 21st CCLC programs in 2011-2012 suggest that children and youth in the programs benefited from participating in a variety of health, nutrition, and physical activities. The more students participated in these activities, the more benefits they reported. Students of color and low-income students reported even greater benefits than white and higher-income participants. In addition, many students received healthy snacks and meals at their programs through the Child and Adult Care Food Program (CACFP).

Key findings

- 21st CCLC participants reported benefits from health, nutrition and physical fitness activities
- Low-income youth and students of color reported more benefits than other students
- Most sites did not offer a variety of health, nutrition and physical activities
- Few students participated in enough physical activity to meet after-school standards
- Most sites provided snacks or meals through CACFP

Recommendations for increasing the effects on student health

- Provide more opportunities to learn about nutrition and health
- Diversify physical activities to engage more students
- Increase the frequency and duration of physical activities
- Encourage greater participation in physical activities to meet after-school standards
- Increase participation in CACFP to provide more opportunities for healthy meals

WHAT BENEFITS DID STUDENTS REPORT?

Participants in healthⁱ and nutritionⁱⁱ activities said they:

- Learned about the importance of good nutrition and how to promote wellness
- Acquired new skills, such as cooking and good health and safety practices

Participants in physical activities said the activities:

- Helped them get physically active
- Exposed them to new opportunities for physical activity



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Figure 1. Percent of Program Sites Offering Health, Nutrition, and Physical Activities

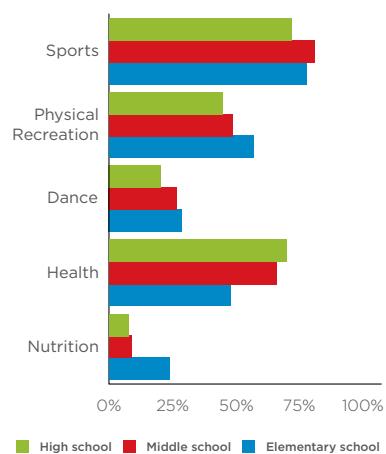


Table 1. Percent of Program Sites and Youth Meeting Daily Standard for Physical Activity in Program

	% of sites meeting the standard for offerings	% of youth meeting the standard for participation
Elementary school (K-5)	31%	4%
Middle school (6-8)	21%	6%
High school (9-12)	21%	9%

WHAT ACTIVITIES DID 21ST CCLC PROGRAMS OFFER?

Programs varied in the number and variety of opportunities they offered for health, nutrition, and physical activity. As Figure 1 shows:

- Most sites offered sportsⁱⁱⁱ
- 45-57% offered physical recreation, but less than 30% offered dance
- More middle and high school sites than elementary sites offered health activities
- Food and nutrition activities were offered least — by 24% of elementary sites but less than 10% of middle and high school sites

DID PROGRAMS OFFER ENOUGH PHYSICAL ACTIVITY?

Because physical activity must be regular and moderately intensive to improve overall fitness, the National AfterSchool Association standards^{iv} recommend that children and youth engage in at least 60 minutes of daily physical activity. As Table 1 shows, less than one-third of sites (21-31%) offered a sufficient amount of physical activity. Even at sites that offered these activities, very few youth participated in enough of the activity to meet the standard (4-9% of all participants).

HOW MANY PROGRAMS PROVIDED FOOD THROUGH THE CACFP?

CACFP is a nutrition and meal reimbursement program that allows programs to provide meals and snacks that meet nutrition standards. Most (91%) of 21st CCLC sites provided food through CACFP. As Figure 2 shows:

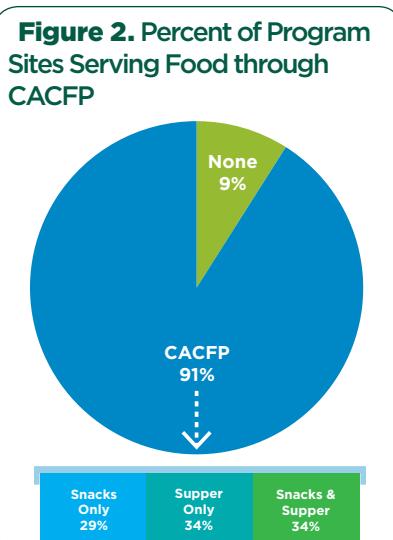
- 34% of sites provided supper only
- 29% provided snacks only
- 28% provided both snacks and supper

- i. Health includes activities that promote physical safety, such as CPR and use of helmets, and activities that target personal hygiene and good physical and mental health.
- ii. Nutrition includes activities intended to increase student knowledge of how to eat well and develop healthy eating habits.
- iii. Includes team sports, such as basketball or soccer, and individual sports, such as tennis, swimming or karate.
- iv. NAA Standards for Quality School-Age Care. Available at: <http://www.naaweb.org/default.asp?contentID=612>

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