

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



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

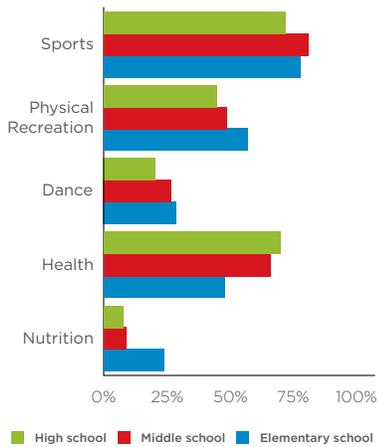
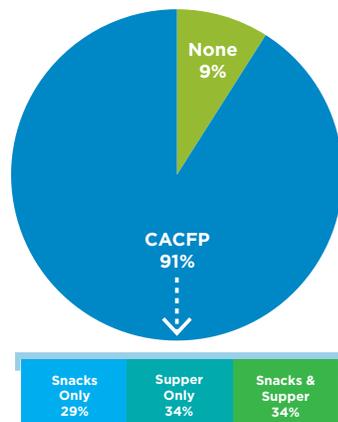


Table 1. Percent of Program Sites and Youth Meeting Daily Standard for Physical Activity in Program

	% 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%

Figure 2. Percent of Program Sites Serving Food through CACFP



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

- 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.
- Nutrition includes activities intended to increase student knowledge of how to eat well and develop healthy eating habits.
- Includes team sports, such as basketball or soccer, and individual sports, such as tennis, swimming or karate.
- NAA Standards for Quality School-Age Care. Available at: <http://www.naaweb.org/default.asp?contentID=612>

The Michigan statewide evaluation of 21st Century Community Learning Centers is funded by the Michigan Department of Education. 21st CCLC Fact Sheets are written by the Michigan 21st Century Community Learning Centers State Evaluation Team. Graphic design by Michael Davis, University Outreach and Engagement. Briefs are available online at cerc.msu.edu/21cclc/researchbriefs.aspx

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