

## OUT-OF-SCHOOL TIME PROGRAMS

# Promoting Physical Wellness

Afterschool, summer learning, and other out-of-school time (OST) youth development programs provide the supports parents want for children's healthy development.



### The Challenge

Today many families are struggling to access or afford healthy foods, especially those living in underserved and low-income communities. At the same time, many young people are not getting the recommended amount of daily physical activity to support health benefits. In the wake of the COVID-19 pandemic, parents are increasingly looking to OST programs to support young people's overall health and development, including by supporting physical activity, providing healthy foods, and helping kids build positive relationships.<sup>1</sup> In Nevada:

- 1 in 6 children face hunger.<sup>2</sup>
- 24% of middle schoolers and 15% of high schoolers reported that they were not physically active for at least 60 minutes per day in the last week.<sup>3,4</sup>
- 32% of youth ages 10-17 were overweight or obese in 2020-2021.<sup>5</sup>

### The Opportunity

Supporting health and wellness is an important aspect of OST programs, from providing youth access to nutritious meals and snacks to promoting healthy habits and engaging students in safe, fun physical activity. OST program staff work with students, families, schools, and other community partners, helping to provide the positive settings, relationships, and experiences that are the foundational building blocks for young people's healthy development.



#### THE POWER OF SUMMER

Summer learning programs have the power to be a game changer for youth, offering fun, enriching experiences that keep kids healthy, active, engaged, and safe. When it comes to selecting their child's summer program, Nevada parents prioritize opportunities for physical activity and opportunities to experience the outdoors.<sup>1</sup>

Nevada parents value OST and agree that programs:<sup>1</sup>



Provide opportunities to learn life skills



Provide opportunities to be physically active



Provide opportunities to build confidence



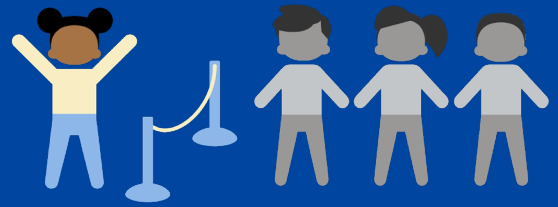
## Get Involved!

OST programs are a pivotal component of the network of supports that young people need, now more than ever. We must seize this moment to support and expand high-quality OST programs across Nevada. We can do this by providing resources that will allow programs to partner with more schools, social services, and community organizations. The Nevada Afterschool Network is helping to make connections across the state to ensure all children have access to high-quality OST programs that will help them forge a healthy future.

### SOURCES

1. Afterschool Alliance. (2022, April). Promoting healthy futures. Retrieved March 7, 2023, from <https://www.nevadaafterschool.org/uploads/1/6/1/6/16165642/nv-aa3pm-healthy-futures-2022-fact-sheet.pdf>.
2. Hunger in Nevada. Feeding America. [n.d.]. Retrieved March 7, 2023, from <https://www.feedingamerica.org/hunger-in-america/nevada>.
3. Anderson, M., Brandon, K., Zhang, F., Peek, J., Clements-Nolle, K., & Yang, W. (2022, November 1). 2021 Nevada Middle School Youth Risk Behavior Survey (YRBS) state report. ScholarWorks. Retrieved March 7, 2023, from <https://scholarworks.unr.edu/handle/11714/8329>.
4. Anderson, M., Brandon, K., Zhang, F., Peek, J., Clements-Nolle, K., & Yang, W. (2022, November 11). 2021 Nevada High School Youth Risk Behavior Survey (YRBS) state report. ScholarWorks. Retrieved March 7, 2023, from <https://scholarworks.unr.edu/handle/11714/8328>.
5. Survey results. NSCH 2020 21: Weight status of children based on Body Mass Index for age, Nevada. [n.d.]. Retrieved March 7, 2023, from <https://www.childhealthdata.org/browse/survey/results?q=9247&amp;r=30>.
6. Afterschool Alliance. (2020) America After 3 PM: A Household Survey of Afterschool in America. Retrieved November 7, 2007, from <http://afterschoolalliance.org/AA3PM/data/geo/Nevada/overview>.

Nevada has never had enough OST programs to serve all the families who want to attend. For every student enrolled in OST, **three more are waiting to get in**—that’s more than 214,000 Nevada children that would enroll in a program if one were available to them.<sup>6</sup>



ENROLLED

WAITING

**Nevada parents overwhelmingly support OST<sup>6</sup>**

- 90% are in favor of public funding for OST programs.
- 86% are satisfied with their child’s OST program.



The Nevada Afterschool Network provides opportunities for cooperative partnerships and access for all to quality OST programs. This includes quality technical support, professional development, sustainable funding, and advocacy for OST programs at the local, regional, and state level. To achieve these goals, the network relies on strong partnerships with local programs, state agencies, community stakeholders, and families.

### CONTACT US

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