

1. Record Nr.	UNINA9910459788203321
Titolo	Healthy eating and physical activity in out-of-school time settings // Jean L. Wiecha, Georgia Hall, issue editors
Pubbl/distr/stampa	San Francisco : , : Jossey-Bass, , [2014] ©2014
ISBN	1-119-04572-X
Descrizione fisica	1 online resource (163 p.)
Collana	New directions for youth development ; ; number 143, Fall 2014
Disciplina	155.4
Soggetti	Nutrition - Study and teaching - Activity programs Health education - Study and teaching - Activity programs Physical education for children - Study and teaching - Activity programs Children - Nutrition Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Healthy Eating and Physical Activity in Out-of-School Time Settings; Contents; Issue Editors' Notes; Notes; Executive Summary; 1 4-H Healthy Living programs with impact: A national environmental scan; 4-H Healthy Living programs; Methods; Data collection procedures; Study population; Results; Discussion; Limitations; Conclusion; Notes; 2 Concerns in measurement of healthy eating and physical activity standards implementation; Methods; Data collection; Analysis; Findings; Survey results; Site visit results; Comparison between survey results and site visit findings Accuracy of data collection methods Discussion; Limitations; Next steps; Notes; 3 Creating healthier after school environments in the Healthy Eating Active Communities program; Description of the Healthy Eating Active Communities program; Approach; Goal and strategy of the HEAC after school sector; Methods; After school food environment measures; Analysis of food and beverage data; Findings; Beverage availability and adherence to California SB965; Food adherence to California SB12; Discussion; Lessons learned for improving after school

nutrition environments; Study limitations; Conclusion; Notes

4 Effects of a competency-based professional development training on children's physical activity and staff physical activity promotion in summer day camps Methods; Setting and participants; Intervention; Instruments; Data analysis; Results; Changes in children's PA levels; Changes in staff behaviors; Discussion; Notes; 5 Impact of implementation factors on children's water consumption in the Out-of-School Nutrition and Physical Activity group-randomized trial; Methods; Research design; Intervention; Measures; Analysis; Results; Organizational capacity; Provider characteristics

Community context Main intervention effects on water consumption; Effect of implementation predictors on water consumption change; Discussion; Conclusion; Notes; 6 Evidence-based fitness promotion in an after school setting: Implementation fidelity and its policy implications; Implementation fidelity in out-of-school time programs; Local out-of-school policies and physical activity; Method; Study design; Site selection; Participants; Measures; Results; Discussion; Notes

7 Active summers matter: Evaluation of a community-based summertime program targeting obesogenic behaviors of low-income, ethnic minority girls Method; Study design and procedure; Participants; Measures; Analyses; Results; Changes in outcomes; Moderation of changes in outcomes by age and weight status; Discussion; Influence of summer camp on activity levels and other factors; Limitations; Implications; Notes; Index; EULA

Sommario/riassunto

The evidence base of the impact and effectiveness of healthy eating and physical activity interventions in the out-of-school setting is continuing to emerge. By sponsoring this special issue, the National After School Association provides a platform for the sharing of a range of research studies that can inform and shape current discussion of best policies and practices to support child and youth wellness. The body of work presented in this issue adds considerably to our knowledge of healthy eating and physical activity interventions in out-of-school programs, and highlights the substantial
