

The Healthy Afterschool Activity and Nutrition Documentation Instrument

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Appendix A

Healthy Afterschool Activity and Nutrition Documentation (HAAND)

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Program name: _____

Location: _____

Weather: _____

Date of observation: / /

children:

staff:

Program start:

Program end:

What was served for snack?			Describe
Did children bring outside <u>food</u> ?	YES	NO	If YES, describe...
Did children bring outside <u>drinks</u> ?	YES	NO	If YES, describe...
Did staff eat/drink foods other than snack in front of children?	YES	NO	If YES, describe...
Are children allowed to bring electronic media devices	YES	NO	If YES, describe...
Total time allocated for physical activity			# minutes scheduled for physical activity

Notes:

Healthy Afterschool Program Index (HAPI [Physical Activity])

Domain	Item	Source	Level					Score
			0	1	2	3	4	
Policy	Written policies	Document review	No written policies	Written policies, nonspecific language	Written policies, explicit language (i.e., measurable)			
Child involvement	Feedback	Document review or self-report	None	Informal collection	Formal collection			
Screen time		Document review or self-report	>1 hour/day	<1 hour/day	None allowed			
Schedule of physical activity	Time allocated	Document review or observation	No scheduled time	<25% of afterschool program time	25%-49% of afterschool program time	≥50% of afterschool program time		
	Types of activities	Document review or observation	None	Limited # of activities	Diverse range of activities that appeal to children of all skill levels			
	Equity	Document review or observation	Activities favor single gender	Activities appeal to both genders				
Training for physical activity	Staff training amount	Document review or self-report	No training for physical activity promotion	<1 hour devoted to physical activity/year	1-4 hours devoted to physical activity/year	>4 hours/year		
	Staff training quality	Document review or self-report	No training for physical activity promotion	Training delivered by noncertified personnel	Training delivered by qualified professional (e.g., physical educator, health promotion specialist, graduate degree in health education field)			
	Parent workshop	Document review or self-report	None	One per year	More than two per year			
Curricula		Document review	None	Non-evidence based curriculum	Evidence-based curriculum			
Evaluation		Document review or observation	None	Limited evaluation (e.g., single time per year) Nonvalid methods (e.g., staff reports, child self-reports)	Ongoing evaluation (e.g., two or more times per year) Nonvalid methods	Limited evaluation Valid methods (e.g., pedometers, accelerometers, trained observation)	Ongoing evaluation Valid methods	
							Total score	/25

Star rating: 1-5=★; 6-9=★★; 10-14=★★★; 15-21=★★★★; 22-25=★★★★★

Healthy Afterschool Program Index (HAPI-PA [Physical Activity])

Domain	Item	Source	Notes/comments
Policy	Written policies	Document review	
Child involvement	Feedback	Document review or self-report	
Screen time		Document review or self-report	
Schedule of physical activity	Time allocated	Document review or observation	
	Types of activities	Document review or observation	
	Equity	Document review or observation	
Training for physical activity	Staff training – amount	Document review or self-report	
	Staff training quality	Document review or self-report	
	Parent workshop	Document review or self-report	
Curricula		Document review	
Evaluation		Document review or observation	

Healthy Afterschool Program Index (HAPI-N [Nutrition])

Domain	Item	Source	Level				Score	
			0	1	2	3		4
Policy	Written policies	Document review	No written policies	Written policies, nonspecific language	Written policies, explicit language (measurable)			
Child involvement	Feedback	Document review or self-report	None	Informal collection	Formal collection			
Quality of snacks	Fruit	Document review or observation	None served	One time/week	Two times/week	Three times/week	Four or more times/week	
	Vegetable	Document review or self-report	None served	One time/week	Two times/week	Three times/week	Four or more times/week	
	Sugar-sweetened beverages	Document review or self-report	Four or more times/week	Three times/week	Two times/week	One time/week	None served	
	Whole grains	Document review or self-report	None served	One time/week	Two times/week	Three times/week	Four or more times/week	
Access to vending machines		Document review or observation	Full access	No access				
Training	Staff training –amount	Document review or self-report	No training	<1 hour/year	1–4 hours/year	>4 hours/year		
	Staff training quality	Document review or self-report	No training	Training delivered by noncertified personnel	Training delivered by qualified professional			
	Parent workshops	Document review or self-report	None	One per year	More than two per year			
Curricula		Document review	None	Non evidence-based curriculum	Evidence-based curriculum			
Evaluation		Document review or observation	None	Limited evaluation (e.g., single time per year) Nonvalid methods (e.g., staff reports, child self-reports)	Ongoing evaluation (e.g., two or more times per year) Nonvalid methods	Limited evaluation Valid methods (e.g., using nutrition calculator to determine whether snack served meets national/local guidelines)	Ongoing evaluation Valid methods	
							Total Score	/34

Star rating: 1-6 = ★; 7-14=★★; 15-21=★★★; 22-27=★★★★; 28-34=★★★★★

Healthy Afterschool Program Index (HAPI [Nutrition])

Domain	Item	Source	Notes/comments
Policy	Written policies	Document review	
Child involvement	Feedback	Document review or self-report	
Quality of Snacks	Fruits and vegetables	Document review or observation	
	Sugar-sweetened beverages	Document review or observation	
	Whole grains	Document review or observation	
Access to vending machines		Document review or observation	
Training	Staff training	Document review	
		Document review	
	Parent workshops	Document review	
Curricula		Document review	
Evaluation		Document review or observation	

Appendix B

Term definitions for Healthy Afterschool Program Index for Physical Activity (HAPI-PA)

Domain	Term definition	Score	Score definition
Policy	Formal written codes, regulation, standards and or/benchmarks that guide the promotion and behavioral choice related to physical activity within the afterschool program	0	No written policies
		1	Written policies, nonspecific language (e.g., the program will offer physical activity opportunities for children)
		2	Written policies, explicit language (e.g., children are expected to participate in at least 30 minutes of moderate-to-vigorous physical activity of every 3-hour block of time at the program)
Child involvement	Children/parents are given the opportunity to provide feedback about the activities/games offered at the afterschool program.	0	None
		1	Informal collection (e.g., verbal communication where staff ask the children about their favorite activities)
		2	Formal collection (e.g., surveys are sent to children and parent biannually to get their feedback about the program activities)
Training on physical activity	Physical activity training for staff including training in planning, programming, and carrying out suitable physical activity	0	No training for physical activity
		1	<1 hour devoted to physical activity/year
		2	1-4 hours devoted to physical activity/year
		3	>4 hours/year
Staff training quality	Physical activity trainer credential (e.g., physical educator, health promotion specialist, graduate degree in health education field)	0	No training for physical activity
		1	Training delivered by noncertified personnel (i.e., afterschool program counselor without physical activity certification)
		2	Training delivered by qualified professional (i.e., physical educator, health promotion specialist, graduate degree in health education field)
Parent workshop	Training workshops for parent on physical activity promotion	0	None
		1	1/year
		2	>2/year
Curricula	The physical activity curriculum used/utilized by the program can be purchased either as a package or as an evidence-based curriculum.	0	None
		2	Non-evidence based curriculum (e.g., physical activity tracks and games are developed by the after school program and not based on published evidence)
		2	Evidence-based curriculum (i.e., curriculum has been scientifically evaluated)
Evaluation	The program implements evaluation that includes gathering both qualitative and quantitative data.	0	None
		1	Limited evaluation/nonvalid methods (e.g., one time per year/staff or child self-report)
		2	Ongoing evaluation/nonvalid methods (e.g., two or more times per year/staff or child self-report)
		3	Limited evaluation/valid methods (e.g., one time per year/using pedometer, accelerometer, or trained observer)
		4	Ongoing evaluation/valid methods (e.g., two or more times per year/using pedometer, accelerometer, or trained observer)

Domain	Term definition	Score	Score definition
Schedule of physical activity	Physical activities follow a schedule that is both accessible and known to all staff, participants, and their families	0	No scheduled time
		1	<25% of afterschool program time
		2	25%–49% of the scheduled program time
		3	≥50% of scheduled program time
Type of physical activity	The type of physical activity activities, games, and/or tracks that are offered at the program	0	Free play (i.e., unstructured games where the children are free to play any games)
		1	Limited # activities (i.e., only one to two physical activity games are offered to the children)
		2	Diverse range of activities (i.e., at least two physical activity tracks are offered and the type of games included range from sports such as football, soccer, and basketball to dance, tag games, and similar activities)
Equity	Physical activity activities offered at the program must appeal to both genders as well as to children of varying skill levels	0	Activities favor one gender (e.g., offering football only)
		1	Activities appeal to both genders (e.g., physical activity tracks include a choice of activities such as dance, tag games, basketball, soccer)

Appendix C

Term definition for Healthy Afterschool Program Index for Nutrition (HAPI-N)

Domain	Term definition	Score	Score definition
Policy	Formal written codes, regulation, standards and or/benchmarks that guide the promotion and behavioral choice related to serving healthy nutritious snacks while attending the program	0	No written policies
		1	Written policies, nonspecific language (e.g., children will be provided with healthy nutritious snacks during their time at the program)
		2	Written policies, explicit language (e.g., at least two of the following snack components must be served at snack time: whole grains, milk, fruit, vegetables)
Child involvement	Children/parents are given the opportunity to provide feedback about the snack offered at the afterschool program	0	None
		1	Informal collection (e.g., verbal communication where staff ask the children about the snack served at the program)
		3	Formal collection (e.g., surveys are sent to children and parents biannually to get their feedback about the snacks served at the program)
Training on nutrition	Training for staff in preparing healthy snacks, as well as promoting healthy food choices	0	No training on healthy nutrition promotion
		1	<1 hour devoted to physical activity/year
		2	1–4 hours devoted to physical activity/year
		3	>4 hours/year
Staff training quality	Nutrition trainer credential/ background training	0	No training on healthy nutrition promotion
		1	Training delivered by noncertified personnel (i.e., afterschool program counselor without nutrition training certification)
		2	Training delivered by qualified professional (i.e., nutritionist, health promotion specialist, graduate degree in health education field)
Parent workshop	Providing workshop sessions for parents on healthy snacks and healthy food choices	0	None
		1	One per year
		2	More than two per year
Curricula	The nutrition curriculum used/utilized by the program can be either purchased as a package or developed by the specific afterschool program	0	None
		1	Non–evidence based curriculum (e.g., the program offers nutrition education sessions to the children developed by the staff at the program)
		2	Evidence-based curriculum (i.e., curriculum has been scientifically evaluated)
Evaluation	The program implements evaluation that includes gathering both qualitative and quantitative data	0	None
		1	Limited evaluation/nonvalid methods (e.g., one time per year /staff or child self-report of snack served)
		2	Ongoing evaluation/ nonvalid methods (e.g., two or more per year/ staff or child self-report)
		3	Limited evaluation/valid methods (e.g., one time per year using, for example, nutrition calculator to determine whether snacks served meet national/local guidelines)
		4	Ongoing evaluation/valid methods (e.g., one time per year using, for example, nutrition calculator to determine whether snacks served meet national/local guidelines)
Access to vending machines		0	No access
		1	Full access

Domain	Term definition	Score	Score definition
Quality of snacks	The nutritional value of the snacks or food provided to the children during the program time	0	None served
		1	One time/week
		2	Two times/week
		3	Three times/week
		4	Four or more times/week
	Fruit and vegetable (i.e., fresh, dried, frozen, canned with no added sugar)	0	None served
		1	One time/week
		2	Two times/week
		3	Three times/week
		4	Four or more times/week
	Sugar-sweetened beverages (e.g., sodas, fruit-ades, sweetened iced tea, and sports drinks)	0	Four or more times/week
		1	Three times/week
		2	Two times/week
3		One time/week	
4		None served	
Whole grain (i.e., snack contains whole grains as part of the ingredients)	0	None served	
	1	One time/week	
	2	Two times/week	
	3	Three times/week	
	4	Four or more times/week	

Appendix D

Healthy Afterschool Activity and Nutrition Document (HAAND) domain/item alignment with existing standards

Scale	Domain	Item	Source	Standard
HAPI-PA	Policy	Written policies	Document review	OST 5, SACERS Healthy Safety, NYSAN 4, NYSAN 9, NAA Program Support
	Child involvement	Feedback	Document review/self-report	ECCD 7, OST 5, NYSAN 7, NAA Social Support
	Schedule of physical activity	Time allocated	Document review or observation	OST 7, SACERS Program Structure, NAA Content and Quality
		Types of activities	Document review or observation	OST 5, NYSAN 5, NAA Content and Quality
	Training for physical activity	Equity	Document review or observation	OST 5, OST 7, NAA Content and Quality
		Staff training amount	Document review/ self-report	ECCD 12, OST 3, OST 13, SACERS Staff Development, NYSAN 4, NAA Staff Training
		Staff training quality	Document review/ self-report	ECCD 12, OST 3, OST 13, SACERS Staff Development, NYSAN 4, NAA Staff Training
		Parent workshop	Document review/ self-report	ECCD 3, OST 9, NYSAN 8, NAA Social Support
	Curricula		Document review	
	Evaluation		Document review or observation	NYSAN 10, NAA Program Support
HAPI-N	Policy	Written policies	Document review	OST 5, SACERS Healthy Safety, NYSAN 4, NYSAN 9, NAA Program Support
	Child involvement	Feedback	Document review/self-report	ECCD 7, OST 5, NYSAN 7, NAA Social Support
	Quality of snacks	F&V	Document review or observation	USDA Reimbursement Guidelines, Harvard Prevention Center Guidelines, ECCD 12, OST 8, SACERS 18, NYSAN 1, NAA Content and Quality
		Sugar-sweetened beverages	Document review or observation	USDA Reimbursement Guidelines, Harvard Prevention Center Guidelines, ECCD 12, OST 8, SACERS 18, NYSAN 1, NAA Content and Quality
	Access to vending machines	Whole grains	Document review or observation	USDA Reimbursement Guidelines, Harvard Prevention Center Guidelines, ECCD 12, OST 8, SACERS 18, NYSAN 1, NAA Content and Quality
		Document review or observation	Harvard Prevention Center Guidelines, NAA Environmental Support	

Scale	Domain	Item	Source	Standard
	Training	Staff training amount	Document review	ECCD 12, OST 3, OST 13, SACERS Staff Development, NYSAN 4, NAA Staff Training
		Staff training quality	Document review	ECCD 12, OST 3, OST 13, SACERS Staff Development, NYSAN 4, NAA Staff Training
		Parent workshops	Document review	ECCD 3, OST 9, NYSAN 8, Social Support
	Curricula		Document review	NAA Nutrition Education Curriculum
	Evaluation		Document review or observation	NYSAN 10

ECCD (www.coastandards.org), Early Child Care and Development Services (Council on Accreditation); F&V, fruits and vegetables; HAPI-N, Healthy Afterschool Program Index for Nutrition; HAPI-PA, Healthy Afterschool Program Index for Physical Activity; NAA (www.niost.org), National AfterSchool Association; NYSAN (www.nysan.org/), New York State Afterschool Network Program Quality Self-Assessment; OST, Out-of-School Time Services; SACERS (ers.fpg.unc.edu/), School-Age Care Environment Rating Scale; USDA, U.S. Department of Agriculture