Wisconsin’s CoIIN team sought to produce an online physical activity resource that would enable out-of-school time staff to integrate physical activity into daily programming. The team created an addition to an existing resource, “Active Out-of-School Time, A Wisconsin Guide for Improving Childhood Physical Activity for School-Aged Children,” and launched a pilot program in the second year.

**METHODOLOGY**

- Identified need for the development of regulated out-of-school time programs
- Reviewed data from YoungStar school-age programs which rated 2 Stars and 3 Stars. YoungStar is Wisconsin’s quality rating and improvement system.
- Worked in partnership with several organizations to develop a guide for out-of-school time staff to integrate daily physical activity
- Created a train-the-trainer program to provide professional development and technical assistance on incorporating the Active Out-of-School Time guide

**PARTICIPANTS**

- YMCAs in Northeast Wisconsin
- Boys and Girls Clubs of Greater Milwaukee

**TITLE V PROGRAM CONNECTION**

- Ongoing positive relationship with increased communication and engagement in year two
- 3 Title V staff engaged with the project

**RESULTS**

- Developed an out-of-school time resource to support improvement of Wisconsin’s practices and policies around children’s physical activity
- Trained and deployed 3 trainers for the pilot program
- Strengthened 6 partnerships with state organizations and departments and formed a new partnership with MCH

**OPPORTUNITIES CREATED**

- Partnerships with the Wisconsin Afterschool Network and Healthy Early for further dissemination
- Incorporation of new resource and training into the YoungStar Guidance document for the rating criteria

**GOAL:** Expand an existing online physical activity training to include content relevant and useful for out-of-school time programs, which often have high staff turnover and limited resources.

“Shaping healthy habits for life.”

11/2020

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