

WISCONSIN CoIIN

Physical Activity Workstream

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.



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.

PARTICIPANTS

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

PARTNERS

- Wisconsin Department of Children and Families
- Wisconsin Department of Health Services
- Wisconsin Afterschool Network
- healthTIDE from the University of Wisconsin-Madison
- Maternal & Child Health

TITLE V PROGRAM CONNECTION

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

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

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

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

"Shaping healthy habits for life."



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