Boys & Girls Club of Metro Atlanta
Winter Training 2021
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This institution is an equal opportunity provider. This material was funded by the USDA's SNAP and other HealthMPowers partners.
Agreements

- Take responsibility for your learning.
- Participate fully and delay distractions.
- Be respectful of start and stop times.
- Take care of yourself.
- Complete the Training Feedback Form.
- Re-Delivery. Take notes
- Additional agreements?
Training Content

- Research
- Staff Role Model Assessment
- Healthy Celebrations
- Program Sustainability
- Brain Break
- Club Shoutouts
- Action Plans
- Healthy Habits Challenges

![Image of children holding carrots]
Our Mission

To empower healthy habits and transform environments where children live, learn and play
Staff Re-delivery

**EAT**
3 vegetables + 2 fruits

**DRINK**
more water + less sugary drinks

**MOVE**
1 hour every day + limit screen time

**EVERY DAY!**
Research

• Did you know?
• According to the CDC, in children and adolescents aged 2-19 years:
  • The prevalence of obesity is 18.5% and affects about 13.7 million children and adolescents.
  • Obesity prevalence is 13.9% among 2- to 5-year-olds, 18.4% among 6- to 11-year-olds, and 20.6% among 12- to 19-year-olds.
• https://www.cdc.gov/obesity/data/childhood.html
Healthy Role Models for Healthy Clubs!

- Eat better in front of kids!
- Drink more water in front of kids!
- Share your goals!
- Get Moving
Rewards & Celebrations
Focusing on fun instead of food!

• Commit to it in writing
• Plan a healthy food taste test
• Start Small
• Share ideas with staff
• Think outside of the box
• More ideas on actionforhealthykids.org
From Programs to Permanent: Encouraging sustainable change at your site

- **EAT:** Procuring local produce from farmers
  - Use Georgia Organic's Local Food Guide to find a farmer or a market near you.
  - Offer produce that requires little preparation.
  - Offer small samples alongside snack time.
• **DRINK**: Use dispensers and water bottles.
• **MOVE**: Outdoor activity allows for social distancing.
• **Policy**: Making changes & additions to your club’s policies can encourage sustainable activity.
Brain Break: Let's Git Up!
Shoutouts!

Douglas

Mimms
Virtual Program Shoutouts!

Congratulations Lawrenceville, Harland, and Warren for completing the most virtual program challenges this fall!
Congratulations! You did it!
Your Action Plan Experience

- Progress made
- Potential barriers
- What support do you need from your staff or HealthMPowers Health Educator?
- Answer these questions on the Padlet and then we will discuss
• Roles & Responsibilities (R&R)
• Healthy Habits Challenges
  • Bi-weekly
  • Taste Tests (optional)
• Youth Health Advisor Check-in
• Support Action Plan
Youth Health Advisor (YHA) Check-in

Site coordinators will submit evidence, updates and photos bi-weekly using this form. Use the Roles & Responsibilities document as a reference!

If feasible, please encourage all students to participate in the healthy habits challenges!

The name and photo associated with your Google account will be recorded when you upload files and submit this form. Not myeishacoggins@gmail.com? Switch account

* Required

Email address *

Your email

Next
Training Content

- Research
- Staff Role Model Assessment
- Healthy Celebrations
- Program Sustainability
- Brain Break
- Action Plans
- Healthy Habits Challenges
- Club Shoutouts
A Look Ahead

- **Now:** Training Feedback
- **After:**
  - Youth Health Advisor R&R
  - Share with your staff!
  - Feedback Form

- **This Semester:**
  - Site-wide Taste Tests
  - Healthy Habits Challenges

- Questions
Thank You for Your Support!

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**DRINK**
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**MOVE**
1 HOUR + LIMIT SCREEN TIME