

# Health and Wellness Initiative Project Profile

## Overview

Since our inception, OregonASK has understood the vital importance that afterschool and summer programs play in keeping kids safe and healthy. In 2015, we hired our first Health and Wellness VISTA, and have since been actively providing and developing evidence-based resources and useful tools to build afterschool programs' capacity for qualitative and sustainable practices. We hold quarterly committee meetings to assess the work being done and build collaboration with other health and wellness professionals in partnering organizations.

## As part of this initiative work, we will:

- Develop tools to improve access to health resources in Oregon
- Provide resources to help afterschool programs align themselves to HEPA standards
- Develop Emergency Preparedness in Afterschool Best Practices
- Identify gaps in health services in Oregon
- Create health and wellness-centered professional development opportunities for afterschool professionals

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## Project Milestones & Upcoming Work

- Fall 2016
  - Revised Wellness & Nutrition Curriculum
- Spring 2017
  - Develop strategic work plan priorities and activities to include in 3 year grant
- Winter 2017
  - Continued participation in local and statewide wellness meetings
  - Facilitate ongoing meetings with local and state wellness leaders
- Spring 2018
  - Develop H/W resources aligning to HEPA standards for Afterschool
  - Development of Emergency Preparedness Best Practices
- Summer 2018
  - Create map of gaps in health services in Oregon
  - Development of program HEPA alignment template
  - Development of professional development
  - Convene OregonASK H&W sub-committee partners
- Fall 2018
  - Develop & pilot health & wellness focused professional development
  - Development of H/W resources to include in Afterschool Resource Center
  - Support alignment with school wellness policy

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### Implementation

#### Key Partners

- Alliance for a Healthier Generation
- Department of Human Services SNAP-Ed
- Oregon Department of Education-Child Nutrition
- Oregon Dairy and Nutrition Council
- Oregon Alliance of YMCAs
- Children First for Oregon
- Partners for a Hunger Free Oregon
- Healthy Kids Learn Better
- Wellness In School Environments

#### Key Goals

- Collaborate with Alliance for a Healthier Generation to implement the Healthy Out-of-School-Time Framework statewide with local partners.
- Participate in meetings and build/continuation of partnerships with statewide and local partners with wellness based organizations.
- Development and dissemination of an Emergency Preparedness in Afterschool Best Practices.
- Development of health and wellness resources for afterschool with the Whole School, Whole Community, Whole Child Model (WSCC) model.

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### Frequently Asked Questions (FAQ's)

#### How long has Health and Wellness been a focus of OregonASK?

Health and Wellness has always been part of our work, since the creation of our first Afterschool & Summer Quality Standards that included a section in Health & Safety. In 2014, it became a prioritized initiative as part of our collaborative work plan. Over the last several years, we've developed a Wellness and Nutrition (W/N) curriculum, convened a Health and Wellness Advisory Council, developed H&W resources for programs in Oregon, and developed partnerships with organizations like Healthy Kids Learn Better (HKLB), Oregon Dairy Council, and Wellness In School Environments (WISE). We've also piloted a Summer Learning, Summer Library, Summer Lunch (SL3) initiative focusing on prevention of the "summer slide" and providing resources to underserved communities.

#### Are resources available to the public?

Many of our H/W resources are available for free on our website including a [Health and Wellness Toolkit](#), [Summer Meals Activity Guide](#), and our [Summer Report](#). You can also find dozens of resources from other partners and organizations around Oregon

#### How can I connect with OregonASK on this project?

We are always looking for partners on our Health and Wellness work. Contact Kassy Rousselle to learn how you can get involved: [kassy.rousselle@oregonask.org](mailto:kassy.rousselle@oregonask.org).