



How After-School Programs May Support 5210 Healthy Military Children

5210 Healthy Military Children is a Military-wide plan to improve child health. It spreads a common message throughout children's communities: where families work, live, and play. The message represents four healthy behaviors children should achieve each day:



5 or more servings of fruits and vegetables
2 or fewer hours of recreational screen time⁺
1 or more hours of physical activity
0 sweetened beverages

⁺ *review guidelines on parenting strategies to ensure quality screen time (AAP, 2015)*

After-school programs may provide educational and recreational opportunities for youth, so they can play an important role in helping to promote and support the 5210 message. The environment they provide and the behaviors they foster in youth can encourage or challenge a healthy lifestyle. The resources assembled in this toolkit are designed to help after-school programs promote healthy behaviors among youth, including fruit and vegetable consumption, closely monitoring and limiting screen time, increasing physical activity, and decreasing sweetened beverage intake (the "5", "2", "1", and the "0" of "5210").

The following materials are available for after-school programs:

1. **Tips For After-School Programs handout** – targets after-school program staff and provides them with tips to help youth increase fruit and vegetable consumption, closely monitor and limit screen time, increase physical activity, and decrease sweetened beverage consumption.
2. **Tips For After-School Programs posters** – includes enlarged versions of the Tips For After-School Programs handout that are available in two sizes (27" x 40" and 38" x 56") to hang in highly visible locations.
3. **Definitions & Recommendations handout** – explains the 5210 message and its research basis.
4. **Partner With And Educate Families handout** – provides tips to help after-school program staff reach out to families to help them learn about and adopt the 5210 behaviors.
5. **Healthy Kids' Snacks handout** – lists examples of healthy snacks that can be provided for children.
6. **Provide Non-Food Rewards handout** – describes the benefits of providing non-food rewards and gives examples of non-food rewards children like.
7. **Make A 5210 Fortune Teller! handout** – gives instructions for a craft activity that encourages students to think about ways to live out the 5210 message.
8. **Teenage Girls & Physical Activity handout** – displays rewards and barriers around physical activity for teenage girls and discusses ways to build physical activity into programs for teenage girls.
9. **Fill Up Here! poster** – advertises locations where reusable water bottles may be filled with drinking water.



This material is based upon work supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture, and the Office of Family Policy, Children and Youth, U.S. Department of Defense under Award No. 2010-48709-21867 developed in collaboration with The Clearinghouse for Military Family Readiness at Penn State University. 5210 Healthy Military Children is adapted from Let's Go! www.letsqo.org.

10. **Healthy Dates To Celebrate handout** – lists dates that provide opportunities throughout the year to promote healthy behaviors, for example, National Physical Fitness and Sports Month in May.
11. **5210 and Healthy Sleep handout** – lists ways that the 5210 behaviors support healthy sleep habits in children.
12. **Television Tunnel Vision handout** – lists alarming facts about children’s typical amount of screen time and offers suggestions for alternative ways of spending free time.

We recommend hanging the poster in highly visible locations, for example close to the entrance where parents enter to drop off and pick up their youth, in restrooms, and on doors. In addition, we advise placing the handouts at reception areas and sending them home with youth so the handouts are likely to be seen and used by families. Digital versions are available and may be inserted into any newsletters developed by after-school programs and uploaded to websites and via social media.

For more information, visit 5210 online at www.5210.psu.edu or email us at 5210@psu.edu. We will be happy to answer your questions!



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