

UPMC Children's Hospital of Pittsburgh Division of Community Health

Healthy Out-of-School Time

Overview

Healthy Out-of-School Time (HOST) is a program of the Alliance for a Healthier Generation, locally managed by UPMC Children's Hospital of Pittsburgh and implemented with regional out-of-school time partners. It is an evidence-based initiative that helps out-of-school time programs create a culture where healthy eating and physical activity are the norm.

Why Healthy Out-of-School Time is Important

Millions of youth participate in out-of-school time programs every year. These programs provide students with safe spaces to socialize and receive essential academic supports. Programs that participate in HOST receive additional education and enrichment opportunities related to health and wellness that reinforce healthy behaviors introduced to students during the school day.

How Children's supports Healthy Out-of-School Time

- Provides technical assistance and training to help out-of-school time partners initiate best practices and health-promoting policies
- Identifies hospital resources to address health-related needs
- Engages community partners to elevate out-of-school time health and wellness efforts
- Assists HOST partners in accessing grants and other funding sources

Impact

Through policy, system and environmental change, HOST enables afterschool programs to become healthier places for youth to spend their time, and encourages young people establish healthy behaviors related to nutrition and physical activity. Healthy students attend school more often, achieve higher grades and test scores, and are more likely to graduate on time.¹

About UPMC Children's Hospital of Pittsburgh Community Health

Children's Hospital of Pittsburgh Community Health works together with hospital, other healthcare, and community partners to improve health outcomes, reduce health disparities, and elevate quality of life for children and families in the communities where they live, learn, work and play.

¹ National Center for Chronic Disease Prevention and Health Population, Division of Population Health. Health and Academic Achievement. http://www.cdc.gov/healthyyouth/health_and_academics/pdf/health-academic-achievement.pdf