National map

**Button: HEALTH & WELLNESS**

Afterschool programs have proven that they can be an effective partner in efforts to improve the health and wellness of our nation’s students. *America After 3PM* highlights the positive role afterschool programs are playing in the lives of students who are able to take advantage of the benefits they have to offer—from access to healthy foods to opportunities to take part in a variety of physical activities.

**Sub-header: Healthy eating and afterschool programs**

Data points:

* Parents agree that afterschool programs should provide children healthy beverages, snacks and/or meals
  + 71%
* Parents whose child’s afterschool program offers beverages, snacks and/or meals
  + 72%
* Parents satisfied with their afterschool program’s snacks and/or meals
  + 76%
* Parents satisfied with the healthfulness of their afterschool program’s snacks and/or meals
  + 74%
  + More info: Healthy foods were described in the survey questionnaire as those that are, “minimally processed foods made with whole grains and heart healthy fats or oils and without added sugar or trans fats; fruits and vegetables; and beverages made without added sugar.”

**Sub-header: Physical activity and afterschool programs**

Data points:

* Parents agree that afterschool programs should provide children opportunities to be physically active
  + 80%
* Parents whose child’s afterschool program offers opportunities for physical activity
  + 80%
* Parents satisfied with the amount of physical activity offered in their child's afterschool program
  + 79%
* Parents satisfied with the variety of physical activity offered in their child's afterschool program
  + 79%
  + More info: Examples of the variety of physical activities provided in the survey questionnaire were “indoor, outdoor, games and skill-building activities.”
* The amount of physical activity on a typical day in an afterschool program (pie chart possible? This wouldn’t need a heatmap)
  + Less than 15 minutes: 4%
  + 15 – 29 minutes: 25%
  + 30 – 59 minutes: 40%
  + 60 minutes or more: 27%
  + Unsure: 5%
* The amount of physical activity that is moderate to vigorous on a typical day in an afterschool program (pie chart possible? This wouldn’t need a heatmap)
  + All: 9%
  + Most: 34%
  + Some: 45%
  + Little: 8%
  + None: 1%
  + Not sure: 3%

State pages

**Fourth section header: Health and wellness in afterschool programs**

**Sub-header: Healthy eating and afterschool programs**

Data points:

* Parents agree that afterschool programs should provide children healthy beverages, snacks and/or meals
* Parents whose child’s afterschool program offers beverages, snacks and/or meals
* Parents satisfied with their afterschool program’s snacks and/or meals
* Parents satisfied with the healthfulness of their afterschool program’s snacks and/or meals
* Parents who say that the afterschool program providing snacks or meals was very important in choosing their child’s program *(possibly take out, depending on space/layout)*
* Parents who say that the afterschool program providing healthy snacks or meals was very important in choosing their child’s program

**Sub-header: Physical activity and afterschool programs**

Data points:

* Parents agree that afterschool programs should provide children opportunities to be physically active
* Parents whose child’s afterschool program offers opportunities for physical activity
* Parents satisfied with the amount of physical activity offered in their child's afterschool program
* Parents satisfied with the variety of physical activity offered in their child's afterschool program (such as indoor, outdoor, games, skill-building)
* Parents who say that opportunities for physical activity was very important in choosing their child’s afterschool program