

Title: After School Collaborative and the 2011 Report Card on Physical Activity for Children and Youth

The release of the Active Healthy Kids Canada “2011 Report Card on Physical Activity for Children and Youth”, places a renewed emphasis on the need for physical activity opportunities for all children and youth in the after-school time period.

The after-school period – the hours of 3pm to 6pm – is an opportune time for children and youth to be engaged in programs which provide them with a safe and supportive environment and contribute to increased physical activity and positive youth development opportunities.

Approximately 50% of total daily steps taken by children and youth take place in this time period. The after school period is also a critically important period to foster healthy eating practices. Children are usually hungry after school, so this time period offers a great opportunity for them to be served a nutritious snack and have the opportunity to develop food preparation skills. After-school affords the time and space to develop children’s social emotional learning in decision making, problem solving and relationship building.

Given the current obesity epidemic concerns, the injury risks associated with sedentary activities, and poor eating habits associated with at-risk behaviours, the time for collective action has never been greater. Childhood and youth represent a critical time to seize opportunities to introduce interventions that will create a basis for healthy adulthood. Making Ontario the healthiest province through our children and youth is important. This can be achieved through investments by government in public health beyond current funding levels and partnerships across all sectors.

An example of such a partnership is the After School Collaborative Initiative. This initiative is a result of support from the Public Health Agency of Canada, in conjunction with Ministry of Health Promotion and Sport. Seven organizations (Boys and Girls Clubs Canada – Central Region, Canadian Mental Health Association, Ontario, Evidence (First Work), Ontario Public Health Association, Opeha, Parks and Recreation Ontario, YMCA Ontario) are working to enhance the quality of Ontario’s after-school programs. Enhanced after-school programs will enable children and youth to increase physical activity and life skills related to personal health such as making healthy food choices, avoiding at-risk behaviours, developing self-esteem, resiliency, and positive relationships.

The aim of these seven organizations working together is to enhance programs which contribute to positive childhood development and promote academic, personal, social and recreational development. Together we are committed to advancing the health of Ontarians.

Ontario After-School Collaborative

Member Organizations



Boys & Girls Clubs of Canada
Clubs Garçons et Filles du Canada
CENTRAL REGION
RÉGION DU CENTRE



CANADIAN MENTAL
HEALTH ASSOCIATION, ONTARIO
ASSOCIATION CANADIENNE
POUR LA SANTÉ MENTALE, ONTARIO

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