
SENATE COMMITTEE ON EDUCATION

Senator Connie Leyva, Chair

2019 - 2020 Regular

Bill No: SB 346 **Hearing Date:** April 3, 2019
Author: Jackson
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Urgency: No **Fiscal:** Yes
Consultant: Brandon Darnell

Subject: After school programs: Distinguished After School Health Recognition Program.

SUMMARY

This bill re-establishes the Distinguished After School Health (DASH) Recognition program, to be administered by the California Department of Education (CDE).

BACKGROUND

Existing state and federal law establish various after school academic enrichment programs including the 21st Century High School After School Safety and Enrichment for Teens Program, the After School Education and Safety Program, and the federally funded 21st Century Community Learning Centers Program. (Education Code § 8420, § 8482, and § 8484.7)

ANALYSIS

This bill re-establishes the DASH Recognition program, to be administered by the CDE. Specifically, this bill:

- 1) Requires the CDE to develop an application process for an after school program to be recognized as an after school program that meets the following nutritional and physical activity requirements:
 - a) Each staff member of the after school program has received specified training on the standards of the DASH Recognition Program and the importance of modeling healthy eating and physical activity, and that the training provided be in accordance with the YMCA of the USA, the Center Collaborative Solutions, A World Fit For Kids!, the National After School Association's standards for healthy eating and physical activity in out-of-school time, the National Institute on Out-of-School Time, or other similar programs.
 - b) The after school program provides regular and ongoing nutrition education to each program attendee to help the program attendee develop and practice healthy habits.
 - c) The after school program ensures that each program attendee participates, on a daily basis, in an average of 30 to 60 minutes of moderate to vigorous physical activity, consistent with Guidelines 7 and 8

of the California Department of Education's (CDE's) California After School Physical Activity Guidelines.

- d) Screen time is limited during the operational hours of the after school program and is only allowed in connection with homework, educational experience, or an activity that engages program attendees in physical activity.
- e) Healthy foods, including, but not limited to, fruits or vegetables, without added sugar, are served to program attendees as snacks on a daily basis and fried foods, candy, or foods that are primarily sugar-based, high in sodium, or include trans fat are not served to program attendees or consumed by staff during the after school program's hours of operation.
- f) Program attendees are served water, low-fat or nonfat milk, nonfat flavored milk, or 100 percent fruit juice; safe and clean drinking water is available and accessible at all times to program attendees and staff; milk and fruit juices are not served in quantities exceeding eight ounces per day; sugar-sweetened beverages are not served to program attendees; and staff of the after school program do not consume sugar-sweetened beverages at the after school program site.
- g) If the after school program conducts a fundraiser during after school program hours:
 - i) Items sold shall be in compliance requirements of (e) and (f) above.
 - ii) Sales shall be in compliance with United States Department of Agriculture Competitive Food Sales regulations.
 - iii) Sales shall not be scheduled during snack or meal service.
- h) If the after school program is located on a schoolsite, the after school program communicates with the school regarding nutrition education and physical activity, as appropriate, to provide the program attendees with a complete educational experience, and all activities adhere to the school district's wellness policy.
- i) The after school program has implemented an educational program for parents of program attendees that provides the parents with nutrition and physical activity information relevant to the after school program and the health of their children.
- j) Information about the implementation of requirements identified above is available for review by a parent at both the physical location of the after school program and on the after school program's Internet Web site, if there is one, and the after school program maintains in its records a document signed by all parents acknowledging that they are aware of the Distinguished After School Health Recognition Program requirements and

policies to institute and reinforce these specific healthy behaviors for all children served in the after school program.

- 2) Provides the following definitions:
 - a) “After school program” to mean After School Education and Safety program, the 21st Century Community Learning Centers program, 21st Century High School After School Safety and Enrichment for Teens, and other qualified out-of-school time programs located on public schoolsites.
 - b) “Program attendee” means a person enrolled in an after school program or summer program.
 - c) “Screen time” means time spent viewing or working on television, videos, computers, and hand-held devices, with or without Internet access.
- 3) Requires the California Department of Education (CDE) to include all resources and links that an after school program may use to meet the requirements above.
- 4) Requires the process to provide an after school program with the option to apply for a certificate, using a template designed by the CDE, that includes a document, signed by the principal of the school, demonstrating the manner in which the after school program meets specified criteria.
- 5) Provides that a certificate is valid for two calendar years and requires an after school program that wishes to apply for recertification to submit a new application that the program continues to follow the Distinguished After School Health (DASH) Recognition Program criteria.
- 6) Requires the CDE to maintain and update a list of after school programs that qualify and to post that list on its Internet Web site, including the date of qualification for each after school program.
- 7) Specifies that funding for the DASH Recognition Program be subject to an appropriation being made for its purposes in the annual Budget Act or another statute, or the receipt of funding from nonstate sources.

STAFF COMMENTS

- 1) ***Need for the bill.*** According to the author, “SB 346 re-creates the Distinguished After School Health (DASH) Recognition Program, a certification for on school-site after school youth programs that meet specific healthy eating and physical activity standards that have been determined to help children lead healthier, more productive lives. Through DASH certification, these youth programs are recognized for having program curriculum that match the DASH standards for nutrition and physical activity for youth. Before it sunsetted in 2018, over 200 after school programs in California were recognized for meeting the DASH standards.”

- 2) ***Obesity and other chronic diseases.*** The Department of Public Health issued a study, *The Burden of Chronic Disease and Injury*, in 2013 that highlights some of the leading causes of death, such as heart disease, cancer, stroke, and respiratory disease, all of which have a strong connection to obesity. Diabetes is another serious chronic disease stemming from obesity that adversely affects quality of life and results in serious medical costs. The last decade has witnessed a 32 percent rise in diabetes prevalence, affecting some 3.9 million people and costing upwards of \$24 billion per year. According to the Centers for Disease Control and Prevention, more than one-third of U.S. adults are obese, and approximately 12.5 million children and adolescents ages 2 to 19 years are obese. Research indicates a tripling in the youth obesity rate over the past three decades. While this increase stabilized between the years 2005 and 2010, in 2010, 38 percent of public school children were overweight and obese. Overweight youth face increased risks for many serious detrimental health conditions that do not commonly occur during childhood, including high cholesterol and type-2 diabetes. Additionally, more than 80 percent of obese adolescents remain obese as adults.

- 3) ***Evaluation of the Distinguished After School Health (DASH) Recognition Program.*** According to a 2016 study by RTI International on *Using State Laws & Regulations to Promote Healthy Eating and Physical Activity in Afterschool Programs*, California was the first state to pass legislation establishing a voluntary healthy eating and physical activity recognition program. In 2016, California appropriated \$177,000 for the DASH Recognition Program. The study notes that the first round of DASH Program applications were received by the California Department of Education (CDE) in spring 2016 and included 202 applications from over 4,200 elementary and middle school programs eligible to participate in the program. Of those that applied, 190 programs were DASH certified. In 2017, CDE reported that they received approximately 185 applications for the second year of the program. According to CDE's website, it ultimately awarded DASH recognition to 103 afterschool programs.

The RTI report noted challenges facing the DASH program:

- a) The program relies on self-certification of the achievement of the DASH standards, but does require supporting documentation and the signature of the principal of the school where the program operates. CDE convened a team of reviewers to examine the initial round of applications and accompanying documentation, which has proved to be an onerous process.
- b) For the initial round, the DASH certification was only available to programs operating at elementary and middle schools with a focus on grantees, which excluded other after school programs.
- c) The only benefit to DASH certification is the receipt of a certificate and listing on a state website, which may be insufficient to encourage programs to apply.

- d) The original 2018 sunset date allowed for two cycles of the DASH program application process, which may not allow for sufficient time to demonstrate the value of the program or to make necessary modifications to improve it.
 - e) The \$177,000 one-time allocation of funding provided only for the administration of the DASH program at the California Department of Education (CDE) with limited or no funding available for training or technical assistance to local programs.
- 4) ***What about after school programs not located on a schoolsite?*** This bill now specifically limits the DASH recognition program to only those afterschool programs that are located on a schoolsite. However, there are many after school programs that are not located on a schoolsite, such as some Boys & Girls Clubs. The CDE has informed committee staff that it intends to conduct onsite reviews of DASH award recipients as part of its ongoing monitoring program of California public schools. While this approach does limit the applicant pool, it does allow for an additional level of review for DASH award recipients, which currently self-certify the achievement of the DASH standards, with supporting documentation and the signature of the principal of the school where the program operates. Notwithstanding this potential benefit, and if the bill moves forward, *the author may wish to consider expanding the DASH recognition program applicant pool to include afterschool programs that meet the DASH recognition program requirements, but that are not located on a schoolsite.*
- 5) ***Previous legislation.*** SB 55 (Jackson, 2017) would have deleted the January 1, 2018 sunset date for the DASH Recognition Program, thereby extending the program indefinitely.

SB 949 (Jackson), Chapter 369, Statutes of 2014 established the DASH Recognition Program.

SUPPORT

American Academy of Pediatrics, California
American Cancer Society Cancer Action Network
California State Alliance of YMCAs

OPPOSITION

None received

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