



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MODELING HEALTHY HABITS CHANGING LIFESTYLES

## Healthy Eating & Physical Activity (HEPA)

### A GENERATION IN NEED

**80%** of U.S. children

do not meet the minimum dosage of physical activity – 60 minutes each day.

Source: CDC



Children on average spend **7 hours a day** in front of some type of screen.

The current generation of children may be the first in 200 years to have a **shorter lifespan than their parents.**

The main culprit: obesity, caused by lack of physical activity and poor nutrition.

Source: New England Journal of Medicine

## OUR COMMITMENT TO HEALTH

With more than **9 million**

With more than 9 million children participating in our out-of-school time programs, **the Y has a responsibility to the families and communities it serves to address health concerns among children.** In 2011, Y-USA made a commitment to educate kids about healthy lifestyles, model healthy behaviors and cultivate environments that make healthy choices the easy choices.

## CHOICES WITHIN LIMITS

### HEALTHY EATING & PHYSICAL ACTIVITY (HEPA) STANDARDS

The Y has expanded its longtime commitment to supporting healthy living by adopting the **HEPA standards**, a guide to implementing healthy eating and physical activity habits within Y early learning and afterschool programs.



Beverages



Family Engagement



Food



Screentime



Infant Feeding



Physical Activity

By implementing the HEPA standards, we're providing the foundation for a healthier future by supporting kids, staff and families.

## AS A CAUSE-DRIVEN ORGANIZATION

the Y seeks to improve the health of youth in every community we serve. By implementing the HEPA standards in more than 2,700 Ys across the country, the Y is actively developing healthy habits in more than 700,000 youth. More than 90 percent of Y early learning and afterschool programs are formally committed to implementing HEPA.



Developing healthy habits in more than **700,000 youth.**

## LEARN MORE

Visit [www.ymca.net/HEPA](http://www.ymca.net/HEPA), or call 1-800-872-9622 to speak with a HEPA representative.

Discover **#HEPACHampions.**