

Date of Hearing: June 21, 2017

ASSEMBLY COMMITTEE ON EDUCATION
Patrick O'Donnell, Chair
SB 55 (Jackson) – As Amended March 15, 2017

SENATE VOTE: 40-0

SUBJECT: After school programs: The Distinguished After School Health Recognition Program

SUMMARY: Extends the sunset of the Distinguished After School Health (DASH) Recognition Program to January 1, 2023. Specifically, **this bill:**

- 1) Extends the sunset of the DASH Recognition Program from January 1, 2018 to January 1, 2023.

EXISTING LAW:

- 1) Establishes the DASH Recognition Program, which requires the California Department of Education (CDE) to develop a process, administered through its website, to recognize After School Education and Safety (ASES) programs, 21st Century High School After School Safety and Enrichment for Teens (ASSETs) programs, and other qualified out-of-school time programs, all of which must meet 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.
 - b) The after school program provides regular and ongoing nutrition education to each program attendee to help 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 while the after school program is in session.
 - d) Screen time is limited during the operational hours of the after school program and is only allowed in connection with homework or an activity that engages program attendees in a physical activity or educational experience.
 - 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, and 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, and sugar-sweetened beverages are not served to program attendees. 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 must be in compliance requirements of (e) and (f) above.
 - (ii) Sales must be in compliance with USDA Competitive Food Sales regulations.
 - (iii) Sales must 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 ensures 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 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 website, 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 DASH Recognition Program requirements and policies to institute and reinforce these specific healthy behaviors for all children served in the after school program. (EC 8490, 8490.2, and 8490.3)
- 2) Requires the CDE to develop a process for an after school program to be recognized through the DASH Recognition Program and to provide all the resources and links that an after school program may use to meet the requirements of this article. This must include the option for an after school program to create a certificate, using a template designed by the CDE, that includes a document, signed by the after school program director, demonstrating the manner in which the after school program meets specified criteria. (EC 8490.2, 8490.3)
 - 3) Provides that a DASH certificate is valid for one calendar year and requires an after school program that wishes to create a new certificate for the subsequent year to, by January 1 of that year, verify with the CDE that the after school program continues to follow the DASH Recognition Program requirements. (EC 8490.4)
 - 4) Requires the CDE to maintain and update a list of after school programs that are DASH qualified and to post that list on its website, including the date of qualification for each after school program. (EC 8490.5)
 - 5) Specifies that funding for the DASH Recognition Program is subject to an appropriation for its purposes in the annual Budget Act or another statute, or the receipt of funding from nonstate sources. (EC 8490.6)

- 6) Specifies that the DASH Recognition Program is in effect only until January 1, 2018. (EC 8490.7)

FISCAL EFFECT: According to the Senate Appropriations Committee, ongoing General Fund costs of approximately \$60,000 to \$65,000 for the CDE to implement the program due to the bill's sunset extension.

COMMENTS:

Need for the bill. According to the author, "SB 55 would extend the existing sunset of the DASH Recognition Program by five years from January 1, 2018 to January 1, 2023. The DASH program is about recognizing those after school programs that are making the voluntary yet vitally important effort to make children's health a priority. According to the American Heart Association, 23.9 million children in the United States between the ages of 2 to 19 are overweight or obese.

The author continues, "the DASH program recognizes existing after school programs that are promoting good eating and exercise habits, which, when established early, can help prevent childhood obesity and help lead to a lifestyle of good health. The DASH program also provides parents with important information about after school programs so they can make the most informed choices for their children's care. In just its first year, 2016, the DASH program recognized approximately 200 after school programs. With a five year sunset extension, the program has the potential of assisting more communities and families throughout the state."

Rates of childhood obesity and diabetes. In recent years, significant attention has been given to children's nutritional intake, including foods and beverages consumed at school, as a result of the rising incidence of children who are overweight or obese. American children's diets are often high in saturated fat, added sugar, and sodium.

According to the Trust for America's Health, *State of Obesity* report, 15.1% of California 10-17 year olds were considered obese in 2011 and 13.9% of high school students were identified as obese in 2015. Additional data, from the UCLA Center for Health Policy Research, shows that 38% of California 5th, 7th and 9th graders were overweight or obese in 2010, down slightly from 38.44% in 2005. Obesity is associated with an increased risk of type 2 diabetes, cardiovascular disease, and cancer, as well as a lower life expectancy.

Afterschool programs in California. The After School Education and Safety (ASES) Program funds the establishment of local after school education and enrichment programs, created through partnerships between schools and local community resources to provide literacy, academic enrichment and safe constructive alternatives for students in kindergarten through ninth grade. The current funding level for the ASES program is \$532 million.

California's 21st Century Community Learning Centers (CCLC) Program and the 21st Century High School After School Safety and Enrichment for Teens (ASSETs) Program are state-administered, federally funded programs that provide five-year grant funding to establish or expand before-and after-school programs that provide disadvantaged kindergarten through twelfth-grade students (particularly students who attend schools in need of improvement) with academic enrichment opportunities and supportive services to help the students meet state and local standards in core content areas. The current funding level for CCLC is \$52 million and for

the ASSETs program is \$66 million. Total state and federal funding for the three programs is \$651 million.

According to CDE, a total of 859,098 students from Kindergarten through twelfth grade participated in one of these three afterschool programs in 2015-16. This represents approximately 14% of the total student population in California. The demographic breakdown illustrates that the programs are often serving high needs populations:

- 81% of the students qualify for free and reduced price meals
- 31% of the students are English learners
- 69.5% of the students are Hispanic

Evaluation of the 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 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.

CDE reports that they have recently received approximately 185 applications for the second year of the program. The department is in the process of reviewing these applications.

The RTI report noted challenges facing the DASH program:

- 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.
- For the initial round, the DASH certification was only available to programs operating at elementary and middle schools with a focus on ASES grantees, which excluded other after school programs.
- 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.
- 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.
- The \$177,000 one-time allocation of funding provided only for the administration of the DASH program at the CDE with limited or no funding available for training or technical assistance to local programs.

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

REGISTERED SUPPORT / OPPOSITION:

Support

A World Fit for Kids!

American Cancer Society – California Office

American Heart Association / American Stroke Association

California Association for Health, Physical Education, Recreation and Dance

California State Alliance of YMCAs

California State PTA

LA's BEST

Los Angeles County Office of Education

Opposition

None on file

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