



The YMCA of Silicon Valley Healthy Eating and Physical Activity (HEPA) Standards for All Programs and Services for Youth Under Age 18

These standards, formerly limited to early childhood and afterschool programs are now accepted standards across all youth and young adult programs and services including, but not limited to aquatics, sports programs, and day camps.

Programs for Parents and Child Care Providers:

- Implement an educational program for parents and childcare providers with physical activity and nutritional information relevant to the health of their children.

Physical activity

- Provide opportunities for light, moderate and vigorous physical activity for at least 15 minutes per hour while children are in care.
- Play will take place daily outdoors whenever possible.
- Ensure that children engage in at least 60 minutes of physical activity per day (for full-day programs), including a mixture of moderate and vigorous physical activities that promote bone and muscle strengthening.
- For infants: provide daily opportunities for infants to move freely under adult supervision to explore their indoor and outdoor environment and optimize adult-infant interactions.
- For infants: Provide daily “tummy time” (time in the prone position) for infants less than 6 months of age

Screen Time

- Limit screen time, for preschoolers (ages 2 – 5) to less than 30 minutes per day for children in half-day programs or less than 60 minutes per day for those in full-day programs.
- No screen time for children under 2 years old.
- No access to television or movies for youth programs (ages 5 and over).
- Limit digital device time to less than one hour per day. Digital device use is limited to homework or programs that actively engage children in activity.

Food

- Serve fruits or vegetables at every meal.
- Eat meals family-style when possible (early childhood).
- Serve all meals family style (youth).
- No fried foods.

Beverages

- Offer water at the table during every meal and have water accessible at all times.
- Serve beverages that do not have added sugars.
- For children two and older, serve low-fat (1%) or non-fat milk, or 100% fruit juice (no more than one 4 – 6 oz. serving per day).

Infant Feeding

- Adults who work with infants and their families should promote and support exclusive breastfeeding for six months and continuation of breastfeeding in conjunction with complementary foods for 1 year or more.