



OUT-OF-SCHOOL TIME EMPOWER

The Arizona Department of Health Services (ADHS) would like more information about your implementation of the Empower Program. We will use the information you provide in this self-assessment to help us better serve Empower facilities throughout Arizona.

LEVEL OF IMPLEMENTATION

For each of the listed components below, please think about what you do at your out-of-school time program now and rate how fully each of the following are practiced:

Fully = Fully implemented. Policy is your practice **ALL** of the time.

Partially = Partially implemented. Policy is your practice **SOME** of the time.

None = Not at all implemented. Practice is **NOT YET** in place.

Additional information can be found at the [Empower website](#).

Physical Activity, Sedentary Activity, and Screen Time

Provides at least 15 minutes of physical activity per 2 hours of programming	Fully	Partially	None	Don't Know
Includes adult-led activities	Fully	Partially	None	Don't Know
Includes free-play opportunities	Fully	Partially	None	Don't Know
Includes outdoor and indoor physical activity	Fully	Partially	None	Don't Know
Includes moderate physical activity (for example: dancing, bouncing a ball)	Fully	Partially	None	Don't Know
Includes vigorous physical activity (for example: running, skipping)	Fully	Partially	None	Don't Know
Limits sedentary or non-moving activity to no more than 60 minutes at a time	Fully	Partially	None	Don't Know
Limits screen time to 3 hours or less per week	Fully	Partially	None	Don't Know
Does not withhold or use physical activity as punishment	Fully	Partially	None	Don't Know
Provides information on physical activity and screen time to families at least annually	Fully	Partially	None	Don't Know

Sun Safety

Follows age-specific recommendations to limit sun exposure	Fully	Partially	None	Don't Know
Monitors intensity of sun's rays (UV Index) in planning outdoor activity	Fully	Partially	None	Don't Know
Limits sun exposure during peak hours (10 am to 4 pm)	Fully	Partially	None	Don't Know
Protects skin from sun exposure during outdoor activities (for example: hat, sunglasses, protective clothing)	Fully	Partially	None	Don't Know
Obtains permission from parent(s) before applying sunscreen	Fully	Partially	None	Don't Know
Encourages parent(s) to apply sunscreen to children prior to arrival at facility	Fully	Partially	None	Don't Know
Provides sun safety information to families at least annually	Fully	Partially	None	Don't Know

Breastfeeding-Friendly Environment

Provides a place to breastfeed or express milk (not a bathroom)	Fully	Partially	None	Don't Know
Displays breastfeeding promotional materials such as posters	Fully	Partially	None	Don't Know
Makes breastfeeding information available	Fully	Partially	None	Don't Know

Child and Adult Care Food Program (CACFP)

Determines eligibility status for CACFP annually	Fully	Partially	None	Don't Know
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Fruit Juice

Provides water throughout the day both inside and outside	Fully	Partially	None	Don't Know
Offers water as the first choice for thirst	Fully	Partially	None	Don't Know
Does not serve fruit juice more than twice per week	Fully	Partially	None	Don't Know
Limits serving more than 6-8 ounces of fruit juice at one time	Fully	Partially	None	Don't Know

Fruit Juice continued				
Serves only 100% fruit juice with no added sugar	Fully	Partially	None	Don't Know
Serves fruit juice only at meals or snack times	Fully	Partially	None	Don't Know
Provides information about limiting fruit juice to families at least annually	Fully	Partially	None	Don't Know
Family-Style Meals and Snacks				
Serves meals and snacks family style	Fully	Partially	None	Don't Know
Requires staff to sit, participate, and interact with children during mealtime	Fully	Partially	None	Don't Know
Allows children to choose what and how much to eat	Fully	Partially	None	Don't Know
Does not use food as a punishment or reward	Fully	Partially	None	Don't Know
Provides information about healthy eating to families at least annually	Fully	Partially	None	Don't Know
Oral Health				
Provides monthly oral health education and/or implements a daily toothbrushing program	Fully	Partially	None	Don't Know
Educates parents about the importance of dental visits	Fully	Partially	None	Don't Know
Serves meals and snacks to scheduled times	Fully	Partially	None	Don't Know
Educates parents about cleaning teeth and oral hygiene at home	Fully	Partially	None	Don't Know
Provides information on tooth decay to families at least annually	Fully	Partially	None	Don't Know
Staff Training				
Requires staff to receive three hours of training on Empower topics annually	Fully	Partially	None	Don't Know
Requires program directors to provide training opportunities to staff members	Fully	Partially	None	Don't Know
ASHLine				
Provides information on the dangers of second- and thirdhand smoke to families	Fully	Partially	None	Don't Know
Provides ASHLine education materials to families at least annually	Fully	Partially	None	Don't Know
Smoke-Free Environment				
Displays smoke-free policy in facility	Fully	Partially	None	Don't Know
Provides written guidelines about the smoke-free policy to families	Fully	Partially	None	Don't Know
Provides written guidelines about the smoke-free policy to staff members	Fully	Partially	None	Don't Know
Posts Smoke-Free Arizona Act (A.R.S. §36-601.01) sign at entrance of facility	Fully	Partially	None	Don't Know
WRITTEN POLICY				
For the following Standards, please choose either "Yes", "No," or "Don't Know" indicating whether or not your facility has written policies. Samples of written policies can be found in the Out-of-School Time Empower Guidebook and the Empower website.				
Do you have a WRITTEN POLICY for the following Empower Standards?				
Physical activity and screen time	Yes	No	Don't Know	
Sun safety	Yes	No	Don't Know	
Breastfeeding-friendly environment	Yes	No	Don't Know	
Determining eligibility status for the Child and Adult Care Food Program (CACFP)	Yes	No	Don't Know	
Fruit juice	Yes	No	Don't Know	
Family-style meals	Yes	No	Don't Know	
Oral health	Yes	No	Don't Know	
Staff training	Yes	No	Don't Know	
ASHLine	Yes	No	Don't Know	
Smoke-free environment	Yes	No	Don't Know	

Additional comments, concerns, or recommendations: