

A PLACE TO BECOME A HEALTHIER GENERATION

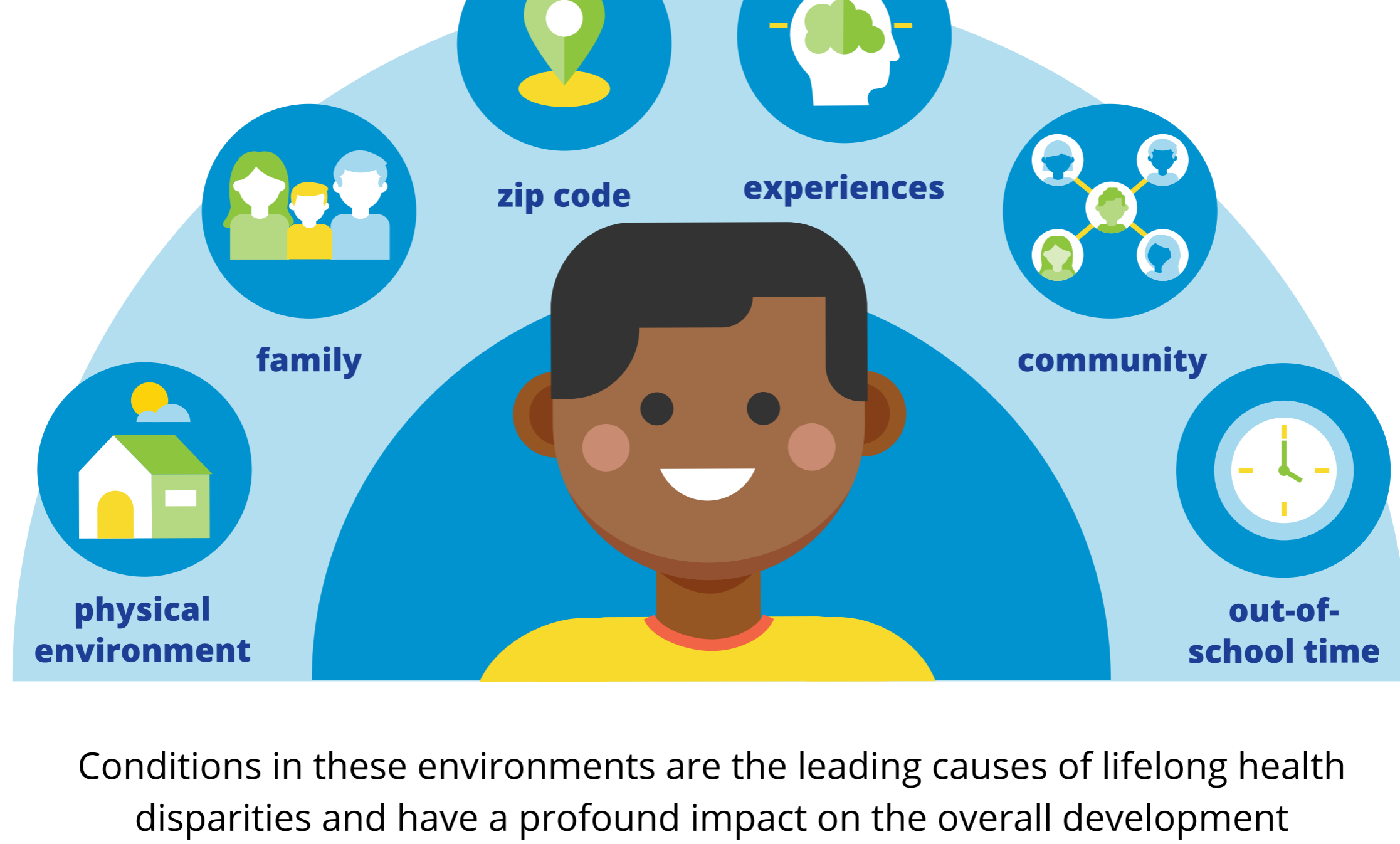
How Boys & Girls Clubs level the playing field to support positive youth outcomes



For more than 150 years, Boys & Girls Clubs have provided programs and high-yield experiences that level the playing field for kids in all communities and build resilient young people with the critical skills necessary to reach their full potential. Clubs create lasting impact on youth health and wellness through programs like Triple Play, sponsored by The Coca-Cola Company and the Anthem Foundation, that promote health and build skills to help address Social Determinants of Health.

SOCIAL DETERMINANTS OF HEALTH

The environmental conditions where young people are born, then live, learn, work and play can impact a range of quality-of-life outcomes and risks.



Conditions in these environments are the leading causes of lifelong health disparities and have a profound impact on the overall development of adolescents and young adults.

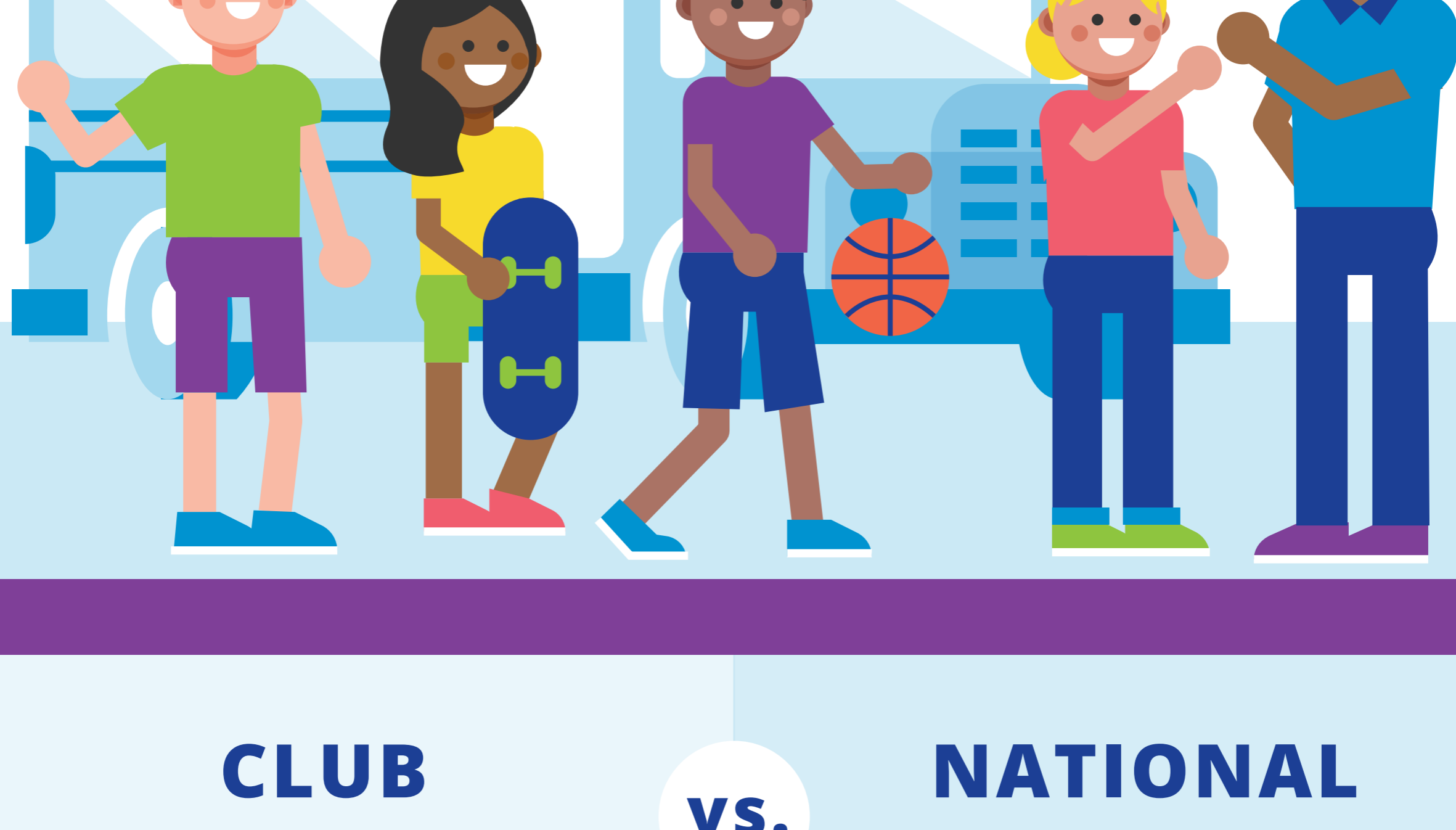


DID YOU KNOW?

Boys & Girls Clubs employ a whole-child approach that focuses on the social, emotional, physical and cognitive needs of youth that ensure healthy development.

TRIPLE PLAY

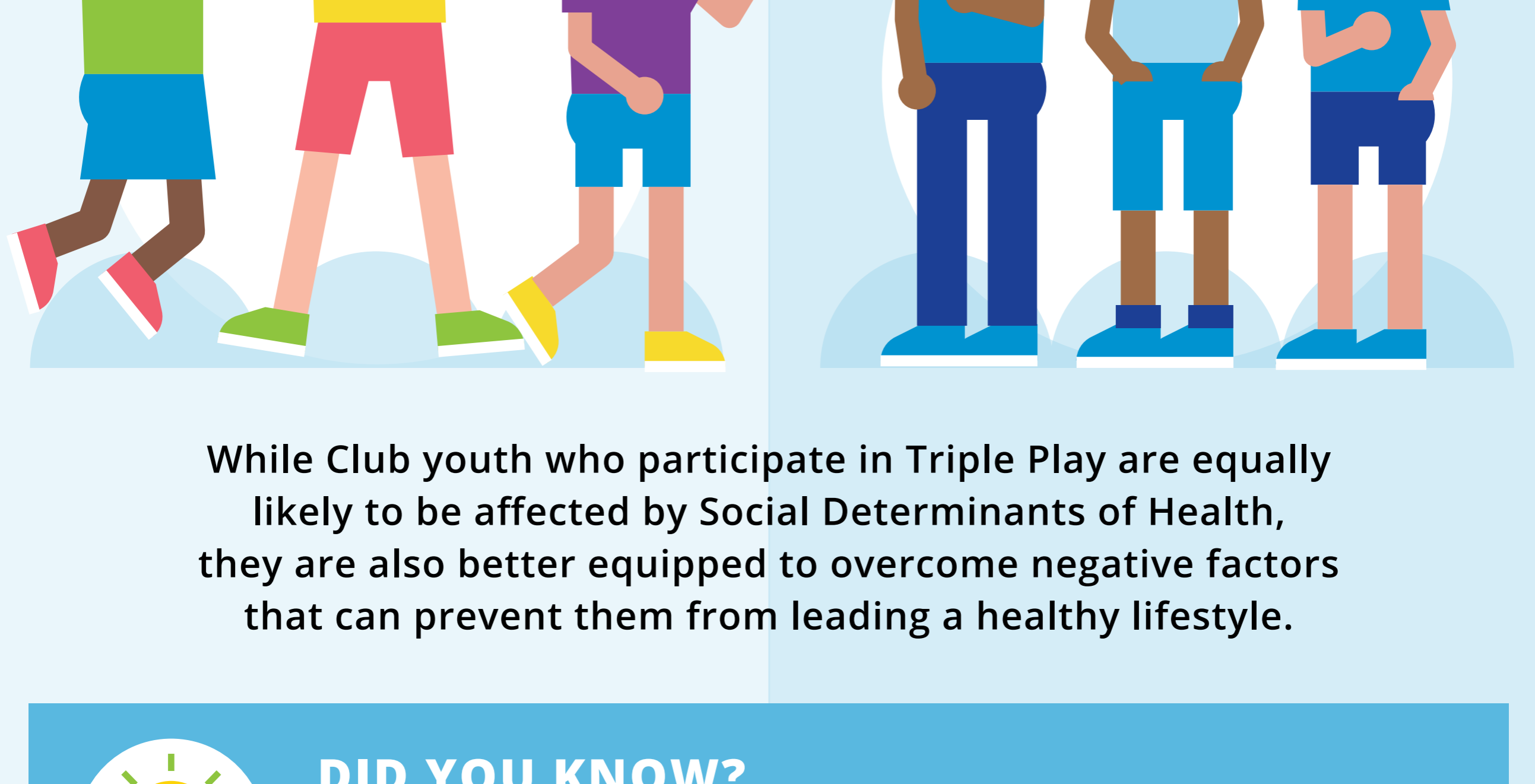
This Boys & Girls Clubs program promotes health among youth and provides opportunities to build social and emotional skills that enable them to grow into healthy, productive adults.



CLUB KIDS

vs.

NATIONAL YOUTH



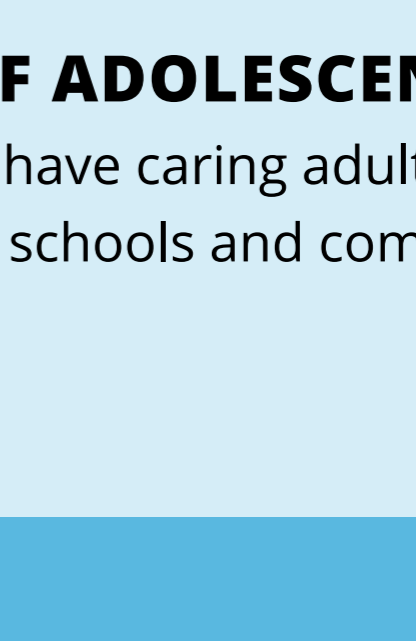
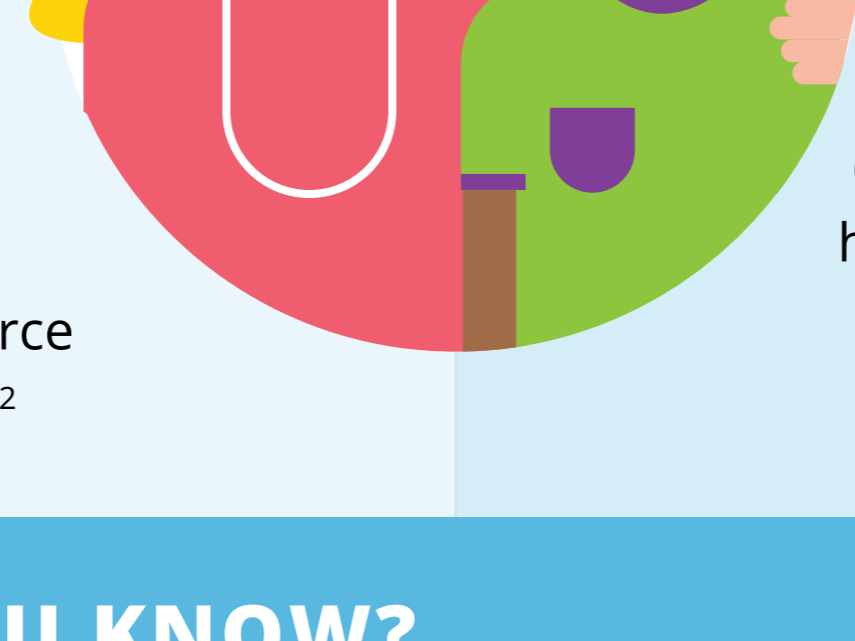
While Club youth who participate in Triple Play are equally likely to be affected by Social Determinants of Health, they are also better equipped to overcome negative factors that can prevent them from leading a healthy lifestyle.



DID YOU KNOW?

Developmental research shows that a child with one or more caring adults in their life is more likely to flourish and become a productive adult.

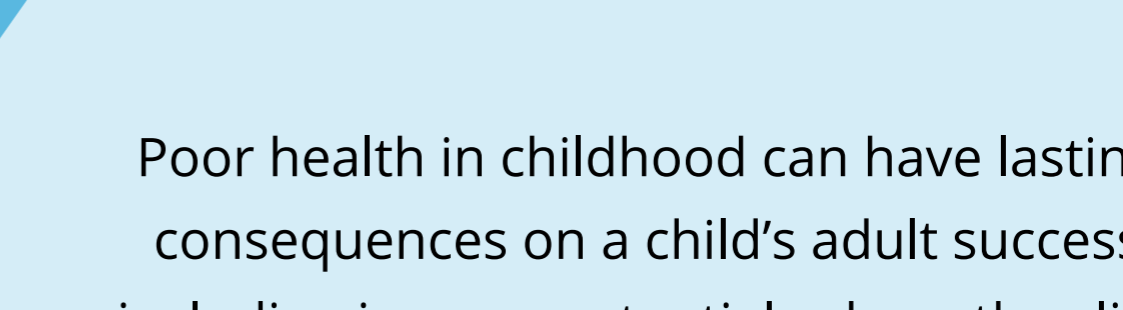
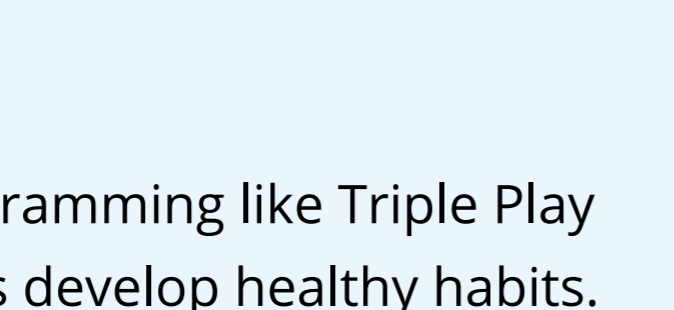
Club kids have access to **more than 61,000** caring, trained, trustworthy youth development professionals and volunteers.



DID YOU KNOW?

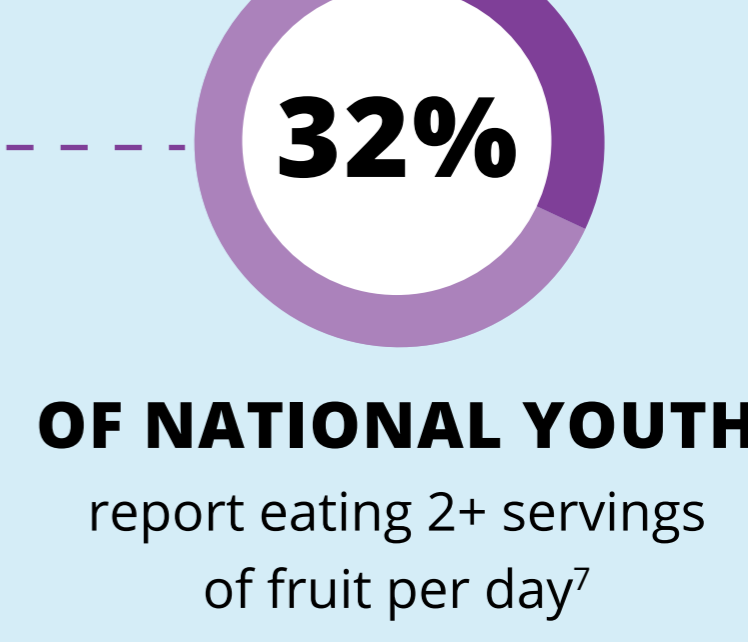
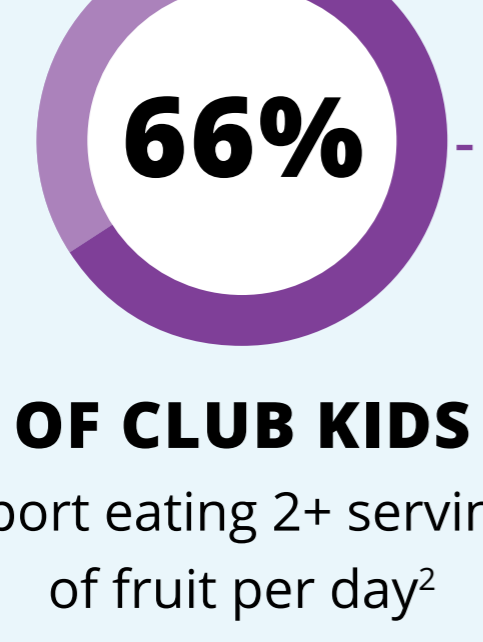
The CDC suggests a strong link between healthy habits and academic success⁴

Students with grades in the "A" range report healthier behaviors:



Access to programming like Triple Play helps Club kids develop healthy habits.

Poor health in childhood can have lasting consequences on a child's adult success including income potential, where they live and what happens to their children.⁶



DID YOU KNOW?

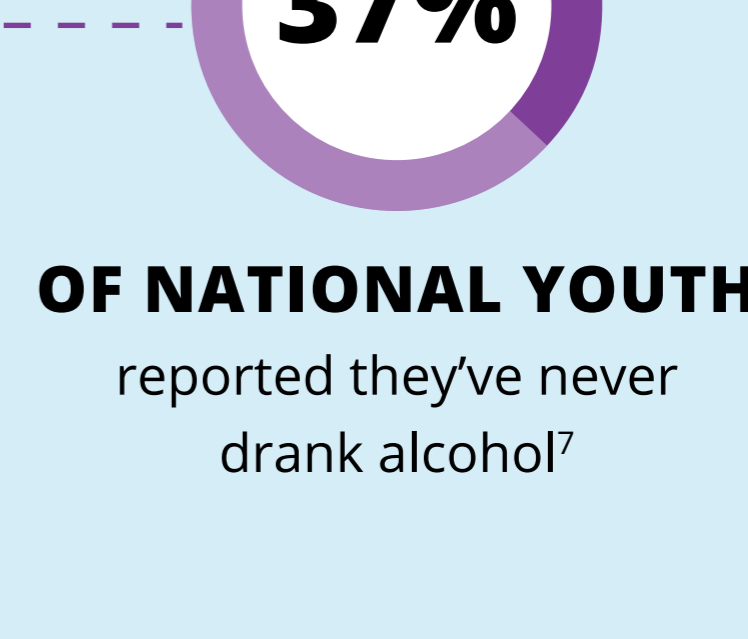
Heavy alcohol consumption in late adolescence appears to persist into adulthood and is associated with:

- Physical and mental health problems
- Poor academic performance
- Disengagement from peers, family, school and community
- Premature death
- Diminished work capacity⁸

Club kids receive developmental resources that encourage avoidance of health risk behaviors, which leads to higher achievement later in life.⁹

Teens who abuse drugs and alcohol are more likely to:

- Engage in risky sexual activity
- Drive under the influence
- Abuse multiple substances
- Commit crimes¹⁰



With a solid foundation in place, youth can leverage and create opportunities to shift the course of their life's trajectory and overcome cycles of inequity.

IN FACT, 54% OF CLUB ALUMNI SAY THE CLUB SAVED THEIR LIFE.



To learn more, visit WWW.BGCA.ORG/TRIPLEPLAY



SOURCES:

¹ <https://www.childtrends.org/wp-content/uploads/2013/12/2013-54CaringAdults.pdf> | ² Triple Play Sites | ³ <http://www.americaspromise.org/promise/caring-adults>
⁴ https://www.cdc.gov/healthyouth/health_and_academics/pdf/health-academic-achievement.pdf
⁵ <https://consumer.healthday.com/kids-health-information/22/adolescents-and-teen-health-news/719/poor-health-habits-add-up-to-poor-grades-for-teens-726364.html>
⁶ 2017 KIDS Count Data Book | ⁷ US YRBS 2015 | ⁸ <https://academic.oup.com/icalc/article/49/2/160/205895>
⁹ https://www.cdc.gov/healthyouth/data/yrbst/pdf/2015/iss6506_updated.pdf
¹⁰ <https://www.drugabuse.gov/publications/principles-adolescent-substance-use-disorder-treatment-research-based-guide/introduction>

*National Comparison: CDC Youth Risk Behavior Surveillance (YRBS) uses a 7-day recall; BGCA National Youth Outcomes Initiative Survey (NYOI) uses a 24-hour recall. YRBS data is averaged to be used as a comparison. <https://nccd.cdc.gov/youthonline>