

HEALTHY KIDS BY THE NUMBERS

The Healthy Kids Initiative motivates youth to be more physically active and promotes positive behavior change through hands-on nutrition education and healthy eating.

YEAR 1 (2014-2015)

- 357** - Youth served under HKI
- 72%** - Youth of color
- 5** - Sites formally tracking outcomes across YGTC
- 94%** - Of youth reported improving (or maintaining) high levels of positive health behaviors: eating fruits/vegetables, drinking water & being physically active
- 47** - Second improvement in the mile walk/run from pre to post

YEAR 2 (2015-2016)

- 673** - Youth served under HKI
- 90%** - Youth of color
- 77%** - Free/reduced lunch eligible
- 10** - Sites formally tracking outcomes across YGTC
- 91%** - Of youth reported improving (or maintaining) high levels of positive health behaviors: eating fruits/vegetables, drinking water & limiting screen time
- 46** - Second improvement in the mile walk/run from pre to post

YEAR 3 (2016-2017)

- 1,275** - Youth served under HKI
- 86%** - Youth of color
- 95%** - Free/reduced lunch eligible
- 12** - Sites formally tracking outcomes across YGTC
- 86%** - Of youth reported improving (or maintaining) high levels of positive health behaviors in at least one healthy eating practice
- 88%** - Of youth reported improving (or maintaining) healthy habits in at least one area of physical fitness



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

120+

YMCA sites using CATCH
in programming

40+

CATCH Trainings offered at
the YMCA to support staff
development

18

Staff trained as
CATCH experts

500+

Team members trained to
deliver physical activity
& nutrition education
to youth