THIS IS MY HEALTHY

Communities Putting Prevention to Work Boys & Girls Clubs of Tucson Activities

What the community is saying:

"Boys & Girls Clubs of Tucson has always focused on health & fitness for our youth. Sports, group activities, and challenges have always been a part of our programming. However, this CPPW grant turned our attention to a vital part we've been missing.....and that's our snack bars. Adapting our snack bars to meet guidelines will have tremendous impact on the quality of life for those kids we serve. I've learned that the kids eventually take a liking to the healthy snacks as well as they did the junk food we used to serve."

~ John McDowell, VP
Boys & Girls Clubs of Tucson

"I learned about planting. It is so cool, I liked it."

~ Kenneth G., 9
Boys & Girls Club Member

" Me gusta mucho que tienen el jardin porque ahi los ninos aprenden a plantar vegetales y no solo eso sino a aprenden que los vegetales son beunos para ellos."

~ Sonja Gutierrez
Boys & Girls Club of Tucson Parent

"I like to eat the carrots and tomatoes because they are healthy. I like to water the plants too. I like to help everybody in the garden."

~ Yaritza S., 7
Boys & Girls Club Member

"We can use fresh fruits and veggies to cook with the kids. Having a garden also teaches the kids about nutrition."

~ Tori Colbert
Physical Education and Health Director

The Pima County Health Department *Communities Putting Prevention to Work* grant program partnered with the Boys & Girls Clubs of Tucson to create positive and sustainable changes in neighborhood clubhouses.

Under the leadership of Armando Rios, CEO, Boys & Girls Clubs has embraced a culture of improved nutrition, education and physical activity as a part of its programs.

Nutrition

The Boys & Girls Clubs of Tucson have promoted improved nutrition for their members by making positive changes in the clubhouses. For example:

- Replacing all unhealthy drinks and snacks in clubhouse vending machines with healthier options, maintaining programing fund-raising from the machines and providing members with positive choices;
- Snack bars at all clubhouses now use a color-coding system to highlight healthy options, and nutritional information is posted so members can make informed choices;
- Event policy now requires 50% of events offer only healthy refreshments;
- Two clubhouses now have community gardens and are working to make produce available at area farmers' markets, teaching both food production and basic business skills.

Physical Activity

The CPPW program provided for two physical education directors to increase member participation in safe physical activity. The effort was so successful that the Boys & Girls Clubs of Tucson Board of Directors have elected to expand and sustain the initiative. Physical education staff for each of the six Pima County clubhouses will be hired, guaranteeing expanded activity and participation.

Education

During this partnership, the Boys & Girls Clubs of Tucson have enhanced use of their "Triple Play" evidence-based education program, a step-by-step guide demonstrating that eating right, keeping fit and forming positive relationships are keys to healthy lifestyles for club members. With an additional focus on peer leadership, this healthy habits education will help not only the members but their friends and families as well.

BOYS & GIRLS CLUBS OF TUCSON

Pima County Health Department

For more information visit bgctuc.org or call (520) 573-3533

Made possible by funding from the Centers for Disease Control and Prevention and the Pima County Health Department.