

**2019-2020 COMMUNITY HEALTH CONTRACT**  
**340 Triple Play**

*Quarter 4 (April-June) Reporting Form*

<b>Goal 4</b>	
To improve the overall health of the youth members of the Boys & Girls Clubs of North County, specifically working to prevent type 2 diabetes, obesity, hypertension and improve behavioral health.	
<b>S.M.A.R.T. Objective 4a</b>	
Provide daily Triple Play activities to approximately 480 youth each day at each Boys & Girls Club site October-December 2019, which will improve their nutrition, physical fitness, stress management skills and interpersonal relationships, thereby preventing diabetes and obesity, hypertension and improving behavioral health.	
<b>Projected Cost:</b>	<b>Contract Dollars Expended to Date:</b>
\$3,000	
<b>S.M.A.R.T. Objective 4b</b>	
Provide 60 minutes of vigorous physical activity each day to approximately 480 youth participating in the Triple Play program.	
<b>Projected Cost:</b>	<b>Contract Dollars Expended to Date:</b>
\$3,000	
<b>S.M.A.R.T. Objective 4c</b>	
Provide two family nights per site during the grant year, for a total of 16 family nights, which will include activities and information on promoting healthy lifestyles at home.	
<b>Projected Cost:</b>	<b>Contract Dollars Expended to Date:</b>
\$3,000	

**Progress/Accomplishment of Goals & Objectives**

BOYS & GIRLS CLUBS OF NORTH COUNTY

TRIPLE PLAY GRANT 340

QUARTER 4

Triple Play:

Perla G. (6) and Maria G. (9) are two members with scholarships who do not otherwise have access to a pool or any other summer enrichment activities. They also did not have access to bathing suits. Neither of them knew how to swim before attending our program.

With the funds allocated toward our Triple Play program, Maria and Perla obtained new swimsuits, and they come to the program each day and get to be in the pool for 1 or 2 hours each day. With encouragement from their peers, instruction from the lifeguards, and plenty of space and time to explore the pool, these two young ladies have learned how to swim! They enjoy spending time exercising and playing games in the water. Every weekday, they have at least 30 minutes of swim lessons and water safety lessons. Afterwards, they have 30 - 90 minutes of structured water activities that are related to the club-wide weekly theme. After a month of perseverance and practice, both girls are able to keep up with their peers, and Maria can even swim the in the deep end!





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**Boys & Girls Clubs of North County** is in Fallbrook, California.  
Published by Meredith Anderson 171 · June 12 at 9:18 AM · 🌐

Thanks to the wonderful collaboration with the Fallbrook Regional Health District, we have been able to work with the Fallbrook Food Pantry during this time of uncertainty to feed the families in our community! 🍌🍌🍌



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Published by Meredith Anderson 171 · June 19 at 6:38 PM · 🌐



**Fallbrook Regional Health District**  
June 19 at 2:30 PM · 🌐

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Our 70th anniversary celebrations continued as we gave back to those who give back the most in our community. Pictured here are Tracy and Lisa Ware, the Soys & ...  
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