

## Organization Information

### Legal Name

Boys Club of Fallbrook

### DBA (if Applicable)

Boys & Girls Clubs of North County

## Program Name/Title

Triple Play Program

## Brief Program Description

Triple Play: A Game Plan for the mind, body and soul is a proven health and wellness program developed by Boys & Girls Clubs of America. It's 3 components teach youth Healthy Habits, provide daily physical challenges and social recreation for social and emotional development.

## Funding Amount Awarded

40033.00

## Target Population - Age

	Percent of program participants	Estimated number of participants
Children (infants to 12)	91	1078
Young Adults (13-17)	8.5	99
Adults (18-60)	.5	3
Seniors (60+)	0	0
We do not collect this data (indicate with 100%)*		

## Target Population not collected - Age

n/a

## Target Population - Gender

	Percent of program participants
Female	49
Male	51
Non-binary	0
Unknown*	0

## \*Target Population - Gender

n/a

## Target Population - Income Level

	Percent of program participants
Extremely Low-Income Limits, ceiling of \$32,100	35
Very Low (50%) Income Limits, ceiling of \$53,500	38
Low (80%) Income Limits, ceiling of \$85,600	15
Higher Than Listed Limits	12
We do not collect this data (indicate with 100%)*	0

## \*Target Population - Income Level

n/a

## Actual number of residents that directly benefited (participant/client) from this program during this quarter.

1180

## Program/Services Description - Social Determinants of Health

Economic Stability (Employment, Food Insecurity, Housing Instability, Poverty)

Education Access & Quality (Early Childhood Education and Development, Enrollment in Higher Education, High School Graduation, Language and Literacy)

Social & Community Context (Civic Participation, Discrimination, Incarceration, Social Cohesion)

Healthcare Access & Quality (Access to Health Care, Access to Primary Care, Health Literacy)

Neighborhood & Built Environment (Access to Foods that Support Healthy Eating Patterns, Crime and Violence, Environmental Conditions, Quality of Housing)

## Program Goal & Objectives

To improve the overall health of youth members of the Boys & Girls Clubs of North County, specifically working to prevent obesity and diabetes, high blood pressure, and hypertension. As well as increase social supports for youth and families, healthy food/nutrition education and health literacy. Our objectives to serve the goal are 1. Hire and train staff to provide the Triple Play Program at each site. 2. Provide 60 minutes of vigorous physical activity each day at every site reaching over 400 members each day. 3. Provide 3 family nights each year for our members and their families.

## Program Outcomes & Measurables

1. We will keep hiring and training logs for each site.
2. Staff members will track participation on roll sheets. Every spring members over the age of 9 will complete a survey the results of which will help us track other daily healthy habits.
3. Participation counts and other documentation will be kept on the family nights.

## Anticipated Acknowledgment

Social Media Postings

Print Materials to Service Recipients

Website Display

**Terms and Conditions**

Accepted

**Authorized Signature**

*John Ware*

## Contact Information

### Contact Name

lisa ware

### Title

Vice Pres. of Operations

### Primary Contact Phone

7607285871

### Email Address

lisaw@bgcnorthcounty.org

## Writing Instructions:

**What language(s) does this program accommodate:**

English

Spanish

## Acknowledgment of District Support



Triple play q1 23.pdf

## Impact Story



triple Play impact q1 23.pdf

## Program Budget



Budget Report.Triple Play.Q1.pdf