

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

*Quarter 1 (July-September) Reporting Form*

<b>Goal 1</b>	
<b>To improve the overall health of the youth members of the Boys &amp; Girls Clubs of North County, specifically working to prevent type 2 diabetes, obesity, hypertension and improve behavioral health.</b>	
<b>S.M.A.R.T. Objective 1a</b>	
<b>Hire and train staff members. Provide daily Triple Play activities to approximately 480 youth each day at each Boys &amp; Girls Club site in September 2019, which will improve their nutrition, physical fitness, stress management skills and interpersonal relationships, thereby preventing diabetes, hypertension and obesity and improving behavioral health.</b>	
<b>Projected Cost:</b>	<b>Contract Dollars Expended to Date:</b>
<del>\$4,500</del> \$ 5,000 . 00	\$5439.50
<b>S.M.A.R.T. Objective 1b</b>	
<b>Provide 60 minutes of vigorous physical activity each day to approximately 480 youth participating in the Triple Play program.</b>	
<b>Projected Cost:</b>	<b>Contract Dollars Expended to Date:</b>
<del>\$4,500</del> \$ 5,000 . 00	\$5439.50
<b>Progress/Accomplishment of Goals &amp; Objectives</b>	
<p><b>Objective 1a.</b> Staff were hired and trained to deliver Triple Play activities. During September, staff delivered programs including Healthy Habits, Positive Action, and SMART Moves. These programs emphasize importance of nutrition, stress management and interpersonal relationships.</p> <p><b>Objective 1b.</b> All sites provide 60 minutes of vigorous physical activity everyday for an average of 662 children in September.</p>	

## September Success Story



**Gabriela Murillo and Sergio Cabrera**

The partnership between the Boys & Girls Clubs of North County and Community Housing Works at Turnagain Arms Apartments has had a positive impact on many families living in the apartment complex. In particular, one family stands out as a notable success story. Sergio Cabrera and his mother, Mrs. Murillo, have had positive experiences in this new program. Sergio comes from a working family, and he needs a safe and positive place to stay during afterschool hours. The collaboration between the Boys & Girls Club and Community Housing Works has allowed the program at Turnagain Arms Apartments to be open every weekday after school until 6 p.m., and this has been an invaluable support for Mrs. Murillo. The convenience of the program being located at their apartment complex and being free alleviates emotional and economic stress on Sergio's family. Sergio has been a member of the Boys & Girls Clubs for many years and he enjoys coming to the program. The program at CHW allows for smaller group sizes and more individualized attention, which nourishes Sergio's social-emotional skill building. Sergio's story is just one example of how this partnership benefits not only the member, but also their families.

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**Boys & Girls Clubs of North County**



September 12, 2019 at 12:23 PM · 🌐

Friday is our last day to enjoy the pool for the 2019 swim season! We'd like to thank the Fallbrook Regional Health District for providing a grant that supported another successful and fun summer at the pool! Take a look at some of the fun the we had at the pool over the summer!



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