

A partnership between Delaware's Advancing Healthy Lifestyles: Chronic Disease, Health Equity, and COVID-19 initiative and the Boys & Girls Clubs of Delaware

PARTNERSHIP GOAL

To support youth in building and strengthening healthy habits

The Triple Play Program was selected for use in select Boys and Girls Clubs of Delaware after-school and summer programming. Triple Play focuses on the three components of a healthy self: **mind, body, and soul**. The goal of the program is to:



Improve youths' **knowledge of healthy habits**, good nutrition, and physical fitness

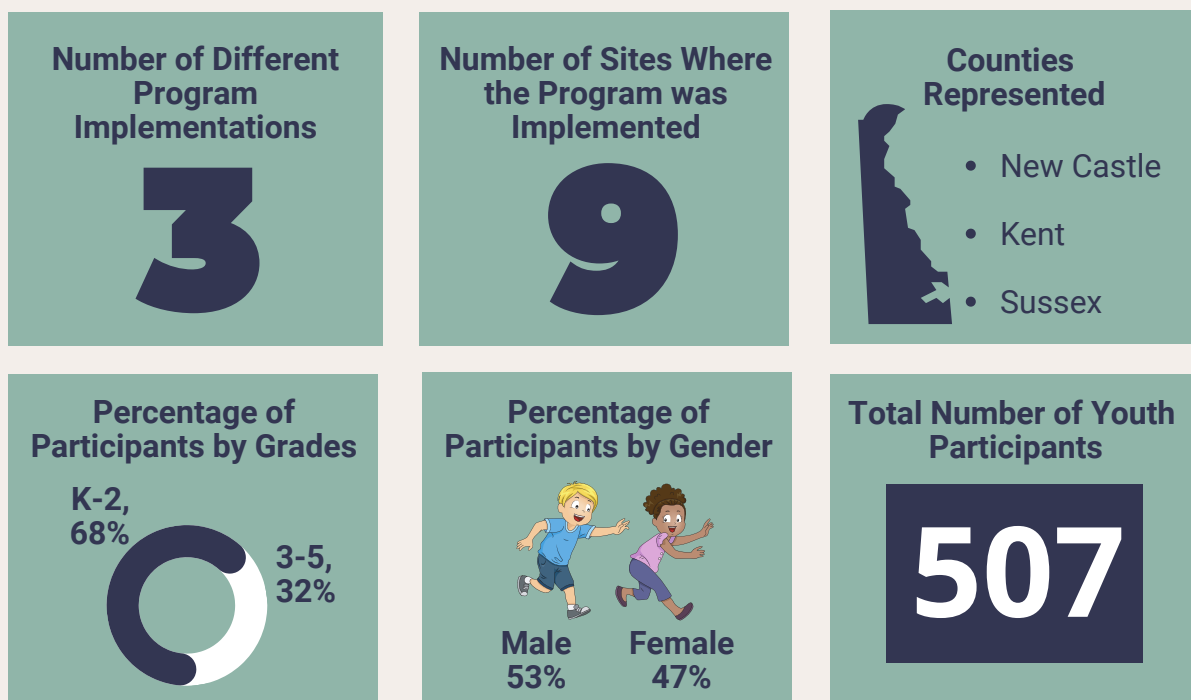


Strengthen youths' **ability to interact positively with others** and engage in healthy relationships



Increase the numbers of hours per day youth participate in **physical activities**.

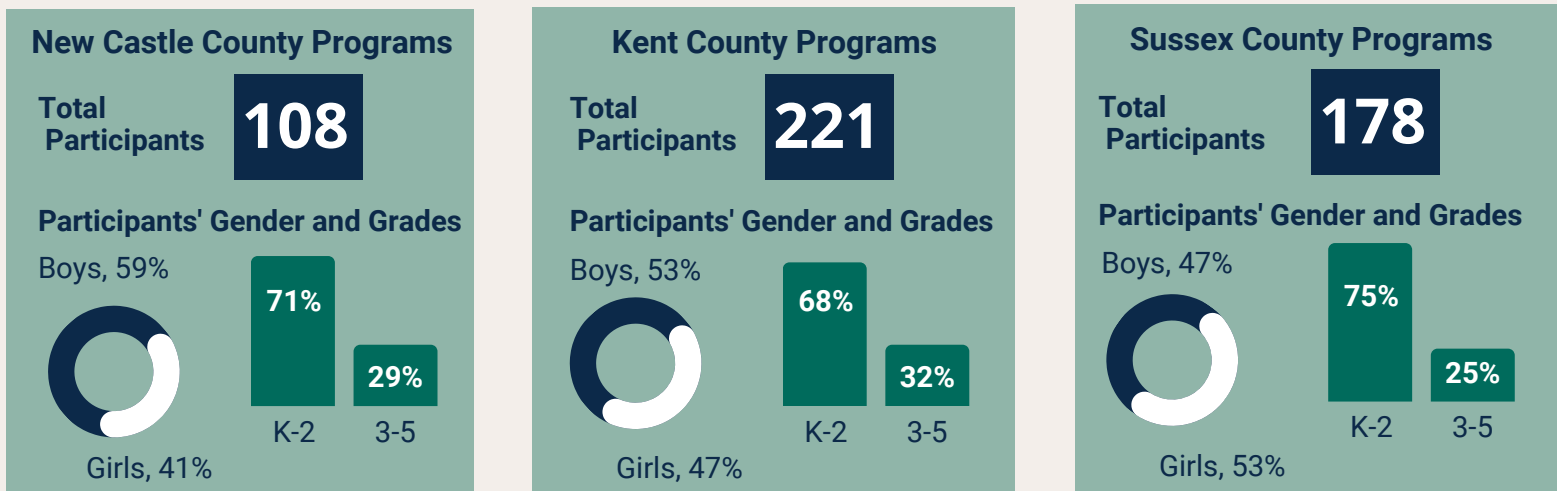
Figure 1. Program implementation and characteristics of the Boys and Girls Clubs of Delaware Triple Play program, 2022



Source: Boys and Girls Club Triple Play program implementation and surveys data, 2022

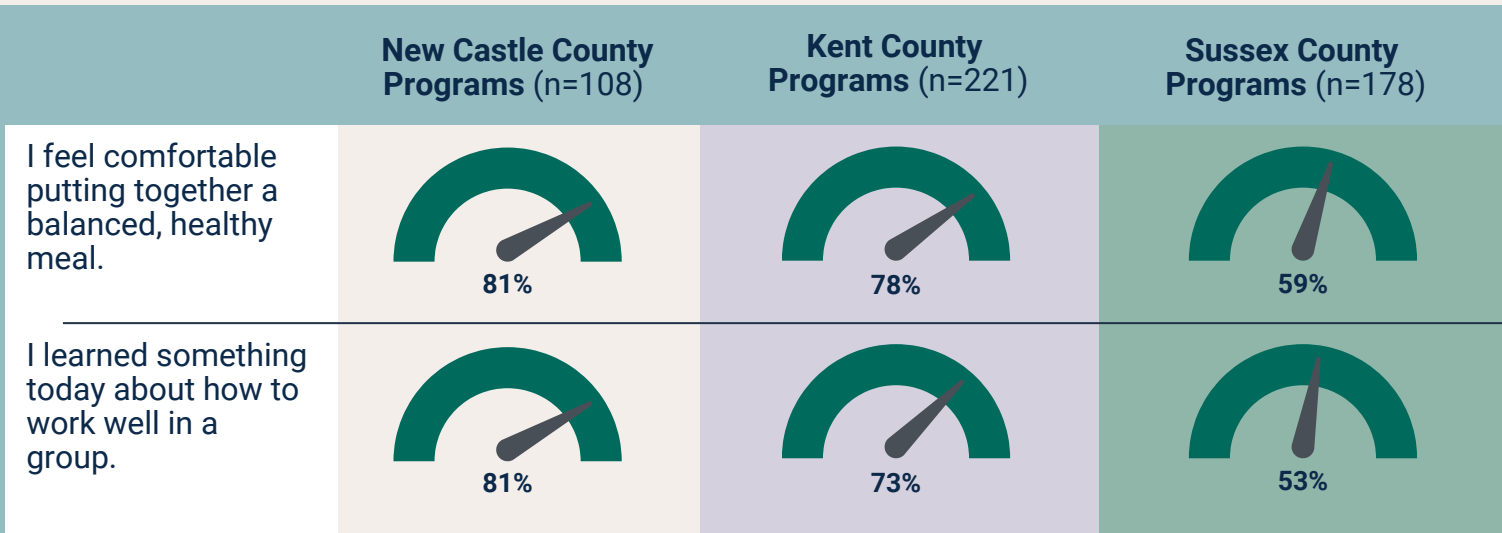
Advancing Healthy Lifestyles Initiative: Physical Activity, Nutrition, and Obesity Prevention

Figure 2. Enrollment in Boys and Girls Clubs of Delaware Triple Play program by county, 2022



Source: Boys and Girls Club Triple Play program implementation and surveys data, 2022

Figure 3. Boys and Girls Clubs of Delaware Triple Play program end-of-lesson surveys by county, 2022



Source: Boys and Girls Club Triple Play end-of-lesson surveys, 2022

Note: Response options were "yes, no, maybe." Figures represent the "yes" responses.

This project is a partnership between the following organizations:

Funding provided by:  **DELAWARE HEALTH AND SOCIAL SERVICES**
Division of Public Health
Physical Activity, Nutrition, and Obesity Prevention Program

In cooperation with:



For more information, scan the QR code below.

