

## YOUTH CLUBS IMPROVE YOUTH HEALTH!

CLUB ACTIVITY	HEALTH BENEFIT	DID YOU KNOW...
<b>Nutrition and diet education classes</b>	<ul style="list-style-type: none"> <li>▪ Increases cognitive/ brain development.</li> <li>▪ Reduce colds and flu.</li> <li>▪ Increases overall health.</li> <li>▪ Reduces obesity.</li> <li>▪ Impacts overall family diet.</li> <li>▪ Increases longevity.</li> </ul>	...the <b>spurt in height</b> for boys is ages 12-15 and for girls ages 10 –13? Nutritional deficiencies can limit their full growth in height (especially in zinc, calcium, and iron)?
<b>Encourage commitment to sports</b>	<ul style="list-style-type: none"> <li>▪ Reduces obesity.</li> <li>▪ Increases overall health.</li> <li>▪ Increases longevity.</li> </ul>	...people who exercise regularly through life <b>live three to seven years longer</b> than non-exercisers?
<b>Provide enriching activities from 2 - 6pm</b>	<ul style="list-style-type: none"> <li>▪ Reduces substance abuse.</li> <li>▪ Reduces accidents.</li> <li>▪ Reduces teen pregnancy.</li> <li>▪ Reduces risk of youth as crime victims.</li> </ul>	...from 3 to 6 PM, kids are most likely to be: • Victims of <b>violent crime</b> ; • In a car crash; • Killed by household or other accidents; •Experiment with dangerous drugs?
<b>Encourage 30 minutes of moderate physical activity a day</b>	<ul style="list-style-type: none"> <li>▪ Reduces stress and depression.</li> <li>▪ Reduces cardio risks.</li> <li>▪ Reduces anxiety.</li> <li>▪ Reduces risk of cancer.</li> </ul>	...physical fitness is preventive for diseases and injuries affecting girls and boys. Daily activity strengthens adolescents to: • build bones and muscles; • control weight; and prevent high blood pressure (and reduce for adolescents with hypertension?)
<b>Improve social skills and relationships building</b>	<ul style="list-style-type: none"> <li>▪ Reduces serious emotional difficulties.</li> <li>▪ Reduces depression and increases self-esteem.</li> <li>▪ Supports suicide and runaway prevention.</li> <li>▪ Reduces fighting and increases conflict resolution skills.</li> </ul>	...social skills affect academic performance; peer relationships affect children's development; and friendships affect emotional growth? Research indicates that 25% of low-accepted children drop out of school (Parker & Asher, 1987). Peer rejection is <b>predictive of later life problems</b> , such as juvenile delinquency and mental health.
<b>Teach safety skills workshops</b>	<ul style="list-style-type: none"> <li>▪ Reduces unintentional injury.</li> <li>▪ Reduces alcohol related auto accidents.</li> <li>▪ Increases wearing helmets.</li> <li>▪ Reduces substance abuse mistakes.</li> </ul>	...the CDC reports nearly <b>3/4 of deaths</b> among youth are caused by unintentional injuries or violence attributed to four major causes: car crashes (31%), homicide (15%), suicide (%12), and other unintentional injuries (12%)?
<b>Engage principles of non-violence and gang prevention</b>	<ul style="list-style-type: none"> <li>▪ Reduces unintentional and intentional injuries.</li> <li>▪ Reduces exposure to the criminal justice system and its health risks.</li> </ul>	...in many areas, gangs can account for up to 50% of violence?