

## RHIP and COVID-19 MINI-GRANT PROJECT SUMMARIES

### COVID-19 Final Report for Boys & Girls Club of Bend (RHIP)

#### “Triple Play: Promoting Physical and Mental Health for Youth in Poverty”

Reviewed by the Address Poverty and Promote Physical Health Workgroups

#### Summary of Results:

- Through fun and engaging curricula, our Triple Play program delivered health education and programming to promote physical activity and proper nutrition.
- Triple Play: Promoting Physical and Mental Health for Youth in Poverty, focused on healthy habits for the mind, body & soul and provided holistic development for our Club members living in low-income households. A dynamic wellness program to help youth create opportunities to take charge of their personal health and wellness by providing healthy tools to apply to their everyday lives.
- While targeting youth specifically at our East Bend Clubhouse, program staff were able to teach healthy habits to youth who lack support in other areas outside of Club.
- 100% of our members at our East Bend Clubhouse live in low-income housing, often surrounded by negative environmental factors and social/economic barriers, correlating to a higher risk for negative health outcomes in adulthood.
- With the structure of our programming, youth were able to gain confidence despite their socioeconomic backgrounds, by practicing healthy habits of the mind, body and soul.



#### Quote:

“Triple Play is my favorite program at Club! I wish we could do this program every single day.” -4th grade Club member.

This student often has a difficult time engaging in activities with other children, but Triple Play has given him a healthy outlet to develop skills for the mind, body and soul.