

Boys & Girls Clubs of the Emerald Coast

United Way Funded Program:
Healthy Lifestyles

Funding Amount: \$10,000
1-year grant



BOYS & GIRLS CLUBS
OF THE EMERALD COAST

Description of Program Services: The Healthy Lifestyles program is designed to encourage youth to adopt a healthy diet, practice healthy lifestyle choices and make a lifelong commitment to fitness.

Impact Area: Health

Significant Statistics: In Escambia County, 13.7% of middle and high school students are overweight or obese. Overweight and obese children are at higher risk than their healthy-weight peers for a host of serious illnesses, including: heart disease, stroke, asthma, and certain types of cancer. Obese children are being diagnosed with health conditions historically only seen in adults, such as type 2 diabetes, high blood pressure and cardiovascular disease. The Healthy Lifestyles Program is designed to encourage youth to adopt a healthy diet, practice healthy lifestyle choices and make a lifelong commitment to fitness.

<http://emeraldcoastbgc.org/>