

## Afterschool Supports Healthy Lifestyles

Georgia ranked **8th in the nation for childhood obesity** (2016-2017).<sup>1</sup>  
Of children aged 10 – 17 years old:<sup>2, 3</sup>

**14%**  
OVERWEIGHT

**18.4%**  
OBESE

**19.7%**  
MALES WERE OBESE

**17.1%**  
FEMALES WERE OBESE



**523,470** of Georgia's children were food insecure – lacking reliable and regular access to food.<sup>4</sup>

**Hungry children are likely to have:**<sup>5</sup>

- Lower grades
- Higher rates of absenteeism and tardiness
- Higher chances of repeating a grade



**Youth lack physical activity opportunities:**

- **46.1%** of middle and **33.6%** of high school students attend daily physical education classes<sup>6</sup>
- **64.1%** live near a park or playground area<sup>7</sup>
- **35.5%** of high school students spend three or more hours a day playing video games or using a computer<sup>8</sup>

## Impact of Afterschool

Afterschool and summer learning programs are critical partners in supporting the health of Georgia's youth by providing access to nutritious foods, keeping kids physically active, and promoting healthy habits.

### GEORGIA PARENTS IN 2014<sup>9</sup>



**79%** said their child's afterschool program offers beverages, snacks, and/or meals



**80%** said their child's afterschool program offers opportunities for physical activity

### Meals Served in 2017



**116,328** youth served daily by Child and Adult Care Food Program (CACFP)



**195,233** youth served daily by Summer Nutrition Programs

Youth who actively participate in high quality afterschool programs show less prevalence of obesity when compared to their non-participating peers.<sup>10</sup>

**Afterschool provides opportunities for:**<sup>11</sup>

- Snacks and meals
- Nutrition education
- Additional time for physical activity
- Safe space and materials
- Structured activities
- Adult support
- Team sports leading to:
  - conflict resolution skills
  - decreased stress
  - improved communication

**Regular physical activity and healthy eating leads to:**<sup>12</sup>

- Strong bones and muscles
- Improved cardiorespiratory fitness
- Reduced symptoms of anxiety and depression
- Decreased likelihood of serious health conditions as an adult (heart disease, Type II diabetes, and cancer)
- Higher academic achievement
- Improved classroom behavior
- Improvement in indicators of cognitive skills (concentration, memory, and verbal skills)