



A World Fit For Kids!

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A World Fit For Kids! Delivers Proven Results

A World Fit For Kids! (*WFIT*) delivers physical activity-based youth development programs and training that result in a triple bottom line for young people: obesity reduction, increased high school graduation rates, and work readiness/jobs.

Elementary, Middle & High School Programs

According to a large-scale evaluation conducted during the 2008-09 academic year, young people who participate in *WFIT* programs not only improve their health in critical ways, but are also motivated and highly likely to succeed in school and other areas of their lives. Surveys and analysis of academic records at 12 elementary, middle and high school sites reveal outstanding student improvements as a result of *WFIT*'s afterschool programming:

- Students raised their standardized math test scores, and 8 out of 10 reported improvement in their grades.
- 90% reported becoming more physically active and drinking more water.
- Students consistently reported improved leadership skills, self-confidence and self-efficacy.
- 8 out of 10 parents reported children's improved academic skills, increased physical activity levels, and greater personal responsibility and motivation as a result of *WFIT* participation.

Teen Fit for Success ProgramSM

A key aspect of *WFIT*'s highly effective programming that distinguishes the organization from other afterschool agencies is its unique and sustainable mentoring model. Through *WFIT*'s Teen Fit for Success ProgramSM, high school students are trained and hired as interns to coach and guide younger students in their own community, empowering both the mentors and mentees to develop lasting healthy behaviors and improve their academics. Ultimately, teen participants develop valuable job skills and self-confidence, stay in school and graduate—ready to pursue post-secondary education and contribute to a skilled workforce.

Highlights of the reported impacts of the Teen Fit for Success ProgramSM (TFS) include:

- 94% percent of students who participated in the entire training and internship program have graduated from high school since 2003, primarily from a high school with a 49.5% graduation rate. (56% began our TFS program as 9th or 10th graders.) More than 100 TFS students are still enrolled in school having not yet reached graduation age.
- Participants are more likely to pass the math high school exit exam test than students who do not attend the program, and they are absent from school less often.

Comprehensive Model

Over the past year at its Norwood Elementary School site, *WFIT* has implemented a comprehensive health intervention program that maximizes student success and combats obesity by providing a seamless link between physical education during the day and quality physical activity and nutrition education after school.

For 5th grade participants, in particular, the evaluation revealed the following results:

- The percentage of students who met California's Fitnessgram standards on the physical fitness tests they took (aerobic capacity, strength, endurance, flexibility and body composition) increased from 40 to 70%.
- 8 out of 10 students increased the number of PACER laps they were able to complete and decreased the time it took them to run a mile by at least 1 full minute.
- Half of all students lowered their Body Mass Index, with those needing to do so losing an average of 5 pounds.

In addition, Norwood Elementary students from 3rd through 5th grade were reported to have made significant lifestyle changes as a result of *WFIT* participation:

- The percentage of those regularly engaging in moderate to vigorous physical activities increased from 74 to 82%.
- The percentage of those who drank water 3 or more times a day increased from 60 to 71%, while the number of those who had previously consumed 3 or more sodas a day declined to 3%.
- The majority of students eat fruit 2 or more times a day.
- 8 out of 10 students knew that they need at least 30 to 60 minutes a day of physical activity; should eat more fruits, grains and vegetables to be healthy; and can look to the food pyramid for important dietary information.

The evaluation data was collected and analyzed by Kaiser Group Inc., a private research consultant. Evaluation methods included surveying student participants at each program site; structured interviewing of students' parents; and analysis of 2007-08 academic records collected from the Los Angeles Unified School District.

WFIT is currently compiling 2010-2011 evaluation results, including academic data for Teen Fit for SuccessSM participants and post-test survey results as the teen participants reach their 6-month follow-up point. A more in-depth evaluation is also being conducted at all of our schools, and the comprehensive results will include data on correlations among their healthy living knowledge and behavior, fitness levels and academic performance.

