

# Texas Health Community Health Improvement (CHI)

## Youth Engagement in Sports (YES) Dallas Initiative

Achievements | 2021



### Program Objective

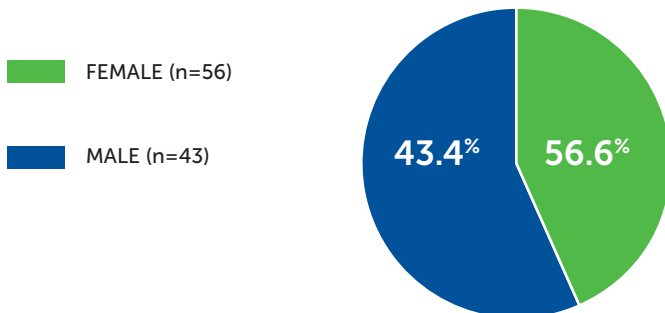
YES Dallas is an initiative that aims to reduce barriers to physical activity and healthy nutrition by providing sports and nutrition resources to middle school age students for the purpose of promoting health and overall wellness.

### Statement of Need\*

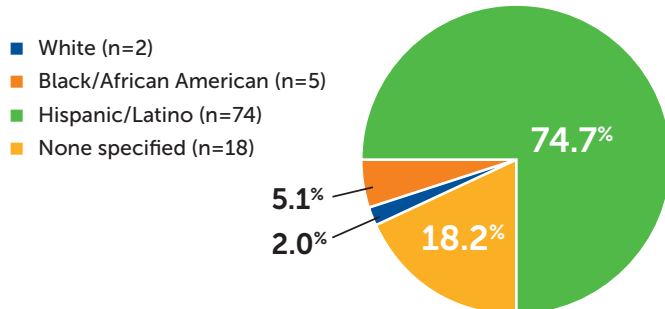
- Evidence shows that regardless of socioeconomic status or ethnicity, a positive relationship exists between increased physical activity and academic-related outcomes. The adoption of physical activity among school-aged youths may be an effective strategy to reduce both health disparities and the achievement gap (Efrat, 2011).
- Research demonstrates a link between decreased cognitive function in overweight school-aged children. A study by Asigbee et al. (2018) found a strong connection between healthy nutrition and adequate physical activity on the average performance within this population.

### Demographic of People Served

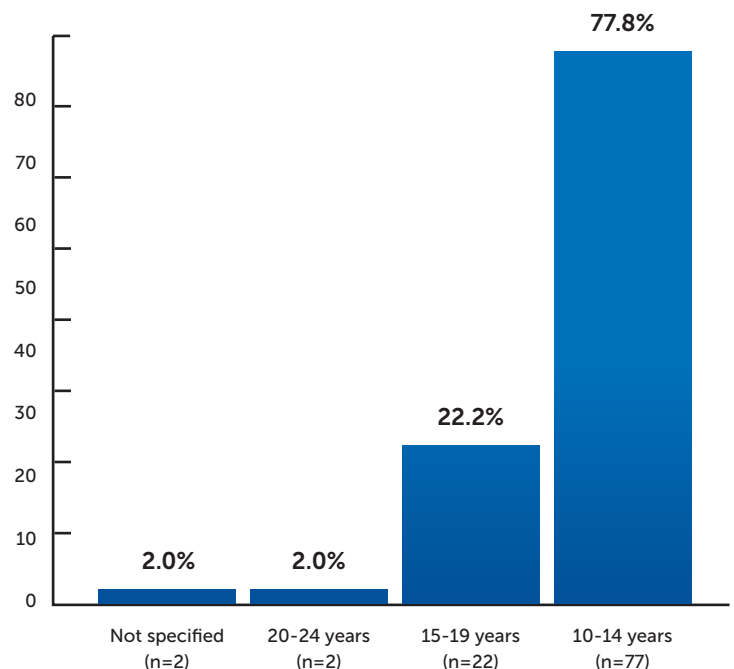
#### GENDER DISTRIBUTION



#### RACE AND ETHNICITY



#### AGE GROUP BREAKDOWN



\* Statement of Need sources:

Asigbee, F.M., Whitney, S.D., & Peterson, C.E. (2018). The link between nutrition and physical activity in increasing academic achievement.

Efrat, M. (2011). The relationship between low-income and minority children's physical activity and academic-related outcomes: A review of the literature.

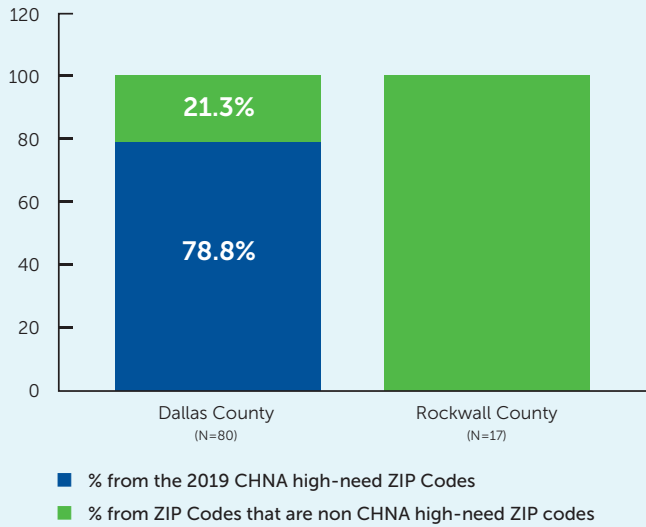


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# Youth Engagement in Sports (YES) Dallas Initiative

PEOPLE SERVED BY COUNTY



Texas Health was awarded a grant by the U.S. Department of Health and Human Services – Office of Women’s Health to implement the YES Dallas initiative.

**99** Individuals were served through this initiative in 2021.

**77.8%** Students between ages of 10 – 14 years were the most served population, and the majority were Hispanic/Latino children residing in Dallas County.

**78.8%** 63 of the 80 individuals from Dallas County lived in a CHNA designated high-need ZIP code.

## Activities/Output

The program activities include a variety of sports and fitness activities, and participation in cooking demonstrations and nutrition classes.

- In 2021, 588 physical activity and 33 nutrition education sessions were offered to the program participants.
- Approximately 69.7% of the enrolled individuals participated in one or more physical or nutrition activity in 2021.
- Participants between ages 15-19 year old participated in the Sports Medicine Student Internship program which aimed to prepare them for careers in or related to sports medicine.



## Outcomes

### Aligned Healthy People 2030 Objectives - Health Behaviors

- To increase the proportion of children and adolescents who engage in physical activity. (at least 60 min. from the day prior)
- To increase the proportion of children and adolescents who consume whole fresh fruits.
- To increase the proportion of children and adolescents who consume dark green, orange, and red vegetables.

**52.7%**

Participants engaged in physical activity for at least 60 minutes a day). Surpassing the 2020 program baseline of 45%.

**43.6%**

Participants reportedly consumed whole fresh fruits. Surpassing the 2020 program baseline of 35%.

**38.2%**

Participants reportedly consumed dark green, orange, and red vegetables. Surpassing the 2020 program baseline of 25%.

