



HEALTHY U GOALS

- Expand the school-based program into more communities
- Increase work with statewide community partners for collective impact
- Advocate for policy change that supports a healthy environment for children
- Reinforce healthy lifestyle choices by families and children
- Provide on-going professional development for YMCA and School program leaders

Healthy U is projected to impact over 70,000 children plus their family members by 2019!



stay healthy

learn proper nutrition

get physically fit

njymca.org/healthyu
 facebook.com/YHealthyU | twitter.com/YHealthyU



Foundation for New Jersey

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ABOUT HEALTHY U

Healthy U is a collaborative partnership between the Horizon Foundation for New Jersey and the New Jersey YMCA State Alliance and its 37 Member Associations.

The primary goal of Healthy U is to combat childhood obesity through nutrition education, physical education and family involvement. Since launching the program statewide in 2008, the Horizon Foundation has invested nearly \$5 million to implement and sustain the program.



PROGRAM SCOPE

- 400 YMCA afterschool programs impacting approximately 20,000 youth and their families
- 80 YMCA Early Childhood Education sites impacting 4,500 preschoolers
- 100 Elementary and Middle Schools impacting 50,000 students*
- Professional development for more than 500 YMCA Staff and School Professionals*

* Projected by 2019

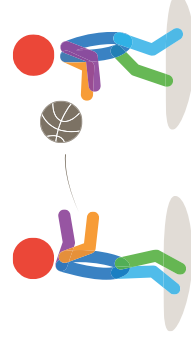


CURRICULUM

CATCH (Coordinated Approach To Child Health) is an evidence-based and award winning curriculum for preschool – middle school students. It is designed to promote physical activity and healthy food choices by showing children that eating nutritionally and being physically active can be fun.

CATCH also provides support to families for making good choices and lifestyle changes at home.

Additionally, this curriculum helps schools implement a comprehensive school wellness model and YMCAs to meet the Healthy Eating and Physical Activity (HEPA) standards.



OUTCOMES & IMPACT

Healthy U promotes healthy behavior changes at home and in school settings that can last a lifetime. The annual evaluation results show improvements in the following areas:

- Increase in consumption of fruits and vegetables and understanding good nutrition
- Decrease in consumption of processed foods and sugary drinks
- Increases in time and frequency of moderate to vigorous physical activity
- Decrease in screen time
- Improved family attitudes and behaviors for health and wellness



Healthy U