

Afterschool Supports Healthy Lifestyles

Georgia ranked **24th in the nation for childhood obesity** (2020-2021).¹
Of children aged 10 – 17 years old:^{2, 3}

17%
OVERWEIGHT

16.8%
OBESE

20.8%
MALES WERE OBESE

12.7%
FEMALES WERE OBESE



360,210 of Georgia's children were food insecure – lacking reliable and regular access to food in 2020.⁴

Hungry children are likely to have:⁵

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



Youth lack physical activity opportunities:

- **27%** of children ages 6 - 11 and **16.8%** of children ages 12 - 17 are physically active for at least 60 minutes daily^{6,7}
- **60.4%** live near a park or playground area⁸
- **41.2%** of high school students spend three or more hours a day playing video games or using a computer⁹

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 2019¹⁰



83% said their child's afterschool program offers a healthy meals and/or snacks



86% said their child's afterschool program offers opportunities for physical activity

Meals Served in 2019



120,039 youth served daily by Child and Adult Care Food Program (CACFP)¹¹



112,495 youth served daily by Summer Nutrition Programs¹²

Youth who actively participate in high quality afterschool programs show less prevalence of obesity when compared to their non-participating peers.¹³

Afterschool provides opportunities for:¹⁴

- 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:¹⁵

- 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)