

Healthy Kids
Michigan YMCAs form Innovative Partnerships
Serving Children Where They Live, Learn, and Play

Through a partnership with the Michigan Department of Community Health Michigan YMCAs provide **Healthy Out of School Time Programs** to over 5,000 children in nearly 40 schools across Michigan. The Y partners with schools, local municipalities, and other community organizations to offer evidence based healthy eating and physical activity programs that align with the Governor's Michigan Health and Wellness 4X4 Plan. The Y implements evidence based curriculum to help school aged children achieve the Centers for Disease Control's recommended amount of daily physical activity. Nutrition education, partnerships with feeding programs, and family engagement events further strengthen the Y's programs. The YMCAs participating in this partnership include Ann Arbor, Benton Harbor, Cadillac, Detroit, Flint, Grand Rapids, Kalamazoo, Lansing, Marquette, Monroe, and Niles Buchanan.

“The Michigan Department of Community Health is proud to join forces with the State Alliance of Michigan YMCAs in the fight against childhood obesity by supporting out of school time programming” said MDCH Director Nick Lyon. “by providing children with additional opportunities for physical activity and nutrition education, this partnership will promote healthy futures making Michigan a healthier, stronger state”

In 2015 Michigan Ys received a Michigan Health Endowment Fund grant to scale the Y's work funded by MDCH statewide. Since Eighty- four percent of Michiganders live within five miles of a Y program site, the Y is uniquely positioned to meet the unique needs of communities we serve. With the support of the Michigan Health Endowment Fund, the Y will make Healthy Out of School Time programs accessible to over 60,000 children in 200 schools, parks, and community sites, combating

childhood obesity and helping children develop healthy habits that can last a lifetime.

With additional support from the Michigan Health Endowment fund, the Y will teach over 30,000 children to learn to be safe around water. In Michigan, drowning is the number two leading cause of accident death for children ages 14 and under. Nearly seven out of 10 African American and Hispanic/Latino children are unable to swim, twice that of white children. Since Michigan's 3,177 mile freshwater shoreline is the longest in the country, many of our state's most vulnerable children live near the water. Through partnerships with schools, municipal parks, and apartment complexes, Ys will offer over 30,000 Michigan children knowledge of water safety and emergency response, and increase participants' practical swimming skills. Michigan children will be better equipped to appreciate and safely experience lifelong fitness benefits of aquatic activities.

For more information contact Fran Talsma, Executive Director, State Alliance of Michigan YMCAs at ftalsma@michiganymca.org