



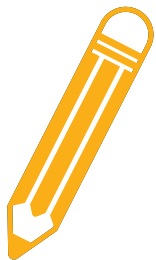
# KEEPING KIDS ACTIVE, SAFE & HEALTHY

## Healthy Out of School Time Programs

The Michigan Department of Health and Human Services' (MDHHS) Physical Activity and Healthy Eating Before & After School and Summer (BAS) Program aims to increase physical activity and healthy eating and increase the number of youth participating in before and afterschool and summer programs. Through a partnership with the State Alliance of Michigan YMCAs, the MDHHS provides grant funding to YMCAs to offer low- or no-cost evidence-based physical activity curricula, provide nutrition education, and meet best practice standards for healthy eating and physical activity. The Y BAS programs are borne from innovative partnerships with schools and community organization and are all tailored to serve the unique needs of their communities. The Y has served children for generations and BAS programs integrate other Y youth program in their curricula such as academic enrichment, feeding, mentoring, and youth sports.

In the four years since MDHHS launched the BAS program, it has impacted 61,288 youth throughout Michigan. The number of before and afterschool program sites available for youth increased 76% from 2014 to 2018. During the same time period, the number of summer program sites increased from 17 to 69 program sites; a 306% increase. **State funding for the BAS partnership is essential to keep kids active, safe, and healthy during out of school time.**

## 2018 Before & After School by the Numbers



**5900**

children enrolled  
in YMCA  
after school  
programs



**188**

program sites,  
with over 70% in  
high need areas  
and little or no  
participant fee



**22**

independent  
YMCAs\*  
delivering  
programming  
tailored to their  
communities'  
unique needs



**1.1 mil**

nutritious meals  
& snacks served  
through  
partnership with  
the Child and Adult  
Care Food Program



**9320**

children enrolled  
in YMCA  
summer  
programs

\*Participating YMCAs: Ann Arbor, Barry, Bay City, Benton Harbor, Cadillac, Detroit, Escanaba, Flint, Grand Haven, Grand Rapids, Jackson, Kalamazoo, Lansing, Marinette-Menominee, Marquette, Monroe, Muskegon, Niles, Petoskey, Port Huron, Saginaw, and Shiawasee