

# THE IMPORTANCE OF AFTERSCHOOL PROGRAMS

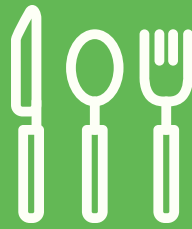
Afterschool programs help fight against child hunger, child obesity and student dropouts rates.

## FIGHTING CHILD HUNGER

Most afterschool programs offer healthy snacks, meals and teach the students how to make healthy food choices. This helps combat the frequency and consequences for a child experiencing food insecurity.



Hungry children exhibit 7-12 times as many symptoms of conduct disorder



45% of people on SNAP (food stamps) are children



Children facing hunger are 2 times as likely to repeat a grade in elementary school

## ENCOURAGING PHYSICAL ACTIVITY

Afterschool programs give students the opportunity to get their daily recommended exercise of 60 minutes per day. They provide fitness classes, organized and unorganized sports. The prevalence of obesity was 21% lower for afterschool participants.



Sports activity helps children develop & improve cognitive skills



Schools only require 1/3 of the daily recommended exercise



Physical activity is associated with better grades, school attendance & classroom behavior

## ACADEMIC & SOCIAL DEVELOPMENT

Afterschool programs offer students tutoring, distraction-free time to work on homework and make lasting friendships outside of the classroom.



Participants are less likely to be drug users & engage in criminal behavior



Participants in quality afterschool programs had better peer relationships



Participants in afterschool programs do better in school, stay in school & have greater expectations for the future

## HOW YOU CAN HELP

Afterschool programs are facing extreme budget cuts and are in need of members of the community to help them provide for their students.



Volunteer to be a mentor or tutor at a local afterschool program



Sponsor a student to be able to go to an afterschool program



Donate items such as books, school supplies, sports equipment & healthy food items