

## Organization Information

### Legal Name

Boys Club of Fallbrook

### DBA (if Applicable)

Boys & Girls Clubs of North County

## Program Name/Title

Triple Play Program

## Brief Program Description

Triple Play is a proven health and wellness program. It has 3 components to teach youth Healthy Habits, provide Daily Physical Challenges and social recreation to improve social emotional development.

## Funding Amount Awarded

40033.00

## Target Population - Age

	Percent of program participants for the full grant cycle	Total number of participants
Children (infants to 12)	85	968
Young Adults (13-17)	12	173
Adults (18-60)	3	3
Seniors (60+)	0	0
We do not collect this data (indicate with 100%)*		

## Target Population - Gender

	Final percent of program participants
Female	48
Male	52
Non-binary	0
Unknown*	0

## Target Population - Income Level

	Percent of program participants
Extremely Low-Income Limits, ceiling of \$32,100	38
Very Low (50%) Income Limits, ceiling of \$53,500	39

	Percent of program participants
Low (80%) Income Limits, ceiling of \$85,600	12
Higher Than Listed Limits	11
We do not collect this data (indicate with 100%)*	

### Program/Services Description - Social Determinants of Health

Economic Stability (Employment, Food Insecurity, Housing Instability, Poverty)

Education Access & Quality (Early Childhood Education and Development, Enrollment in Higher Education, High School Graduation, Language and Literacy)

Social & Community Context (Civic Participation, Discrimination, Incarceration, Social Cohesion)

Healthcare Access & Quality (Access to Health Care, Access to Primary Care, Health Literacy)

Neighborhood & Built Environment (Access to Foods that Support Healthy Eating Patterns, Crime and Violence, Environmental Conditions, Quality of Housing)

### Program Goal & Objectives

To improve the overall health of youth members of the Boys & Girls Clubs of North County, specifically working to prevent obesity and diabetes, high blood pressure, hypertension and increase social supports for youth and families. Also increasing healthy food/nutrition education and health literacy. Objectives 1. Hire and train staff to deliver Triple Play Program at each of the sites. 2. Provide 60 minutes of vigorous physical activity each day for at least 400 youth. 3. Provide 3 family nights during the grant year for members and their families.

### Program Outcomes & Measurables

1. Hiring and training logs for staff are kept by the Dir. of Professional Development. 2. Staff members track participants on roll sheets at each site, those numbers are reported centrally each month. We use BGCA NYOI survey to determine the range of impact the program is having on members. 3. Participation counts will be kept on the annual family night events and reported centrally.

### Anticipated Acknowledgment

Social Media Postings

Print Materials to Service Recipients

Website Display

### Terms and Conditions

Accepted

### Authorized Signature

*Dea Ware*

## Contact Information

### Contact Name

Lisa Ware

### Title

Vice Pres. of Operations

### Primary Contact Phone

7607285871

### Email Address

lisaw@bgcnorthcounty.org

## Writing Instructions:

What language(s) did this program accommodate:

English

Spanish

ASL

### Acknowledgment of District Support



SKM\_C450i24070913560.pdf

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SKM\_C450i24070913560.pdf

## Impact Story



Daniel q4.docx

## Impact Story



Daniel q4.docx

## Program Budget



Budget Report.Triple Play.Q4.pdf

**Actual number of residents that directly benefited (participant/client) from this program during the entire grant cycle.**

1144



**Boys & Girls Clubs of North County**

Published by Loomly · 5 days ago · ⚙️



Our pool will be open next month! Space is still available for swim lessons visit [bgcnorthcounty.org](http://bgcnorthcounty.org) to sign up now.

💙 Fallbrook Regional Health District for supporting our water safety program 🌊



**Boys & Girls Clubs of North County**

Nonprofit organization

Send message





Boys & Girls Clubs of North County

Published by Loomly · May 22 at 12:12 PM · ⚙️



Summer is in just a couple of weeks 🌞

[bgcnorthcounty.org/programs/sports/](https://bgcnorthcounty.org/programs/sports/)



Fallbrook Regional Health District





Boys & Girls Clubs of North County

Published by Meredith Anderson · April 26 at 12:12 PM · ⚙️

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*Presents*

## Blood Drive

Join us in making a difference in the world. Your act of kindness could be the reason someone gets a second chance at life.

**Monday,  
April 29th**

**11:00 AM - 4:00 PM**

\*Walk-ins are welcomed.  
Appointments will be honored first.



[More information](#) [Fallbrook Regional Health District](#) [April 29, 2021](#)



Fallbrook Regional Health District is with San Diego Blood Bank.

April 26 at 12:00 PM · 🌐

🔥 Join us for our upcoming blood drive presented by [San Diego Blood Bank](#)! Your donation can save lives and make a real difference in our community. Mark your cal... See more



# DANIEL

From 6:30 am to 5:45 pm every day during the summer and every day before and after school Daniel is at the Boys & Girls Club. It has been this way since he started pre-kindergarten.

Daniel enjoys a variety of classes at the Club. He participates in Healthy Habits to learn about the importance of nutrition, Positive Actions to learn about social emotional wellness and Smart Moves to help him make healthy choices around alcohol, drugs and tobacco. Daniel can also be found in the gym or on the field participating in our sports leagues and playing large group games with all of his club friends. Daniel loves his club and all the activities but his most favorite area of all time is the pool.

From his first summer, Daniel had been drawn to swimming. The lifeguards encouraged him to join the club swim team when he was barely 5 years old. What started as a way to stay active and engaged soon became a passion.

As Daniel grew older, his swim staff noticed his dedication and his ability to motivate others. They saw in him the potential to be not just a strong swimmer, but also a leader within the team.

Daniel leads by example, arriving early for practice, cheering on teammates during meets and offering encouragement when peers are feeling frustrated. His positive attitude and strong work ethic inspires his teammates to push themselves harder.



Agency Name: **Boys & Girls Clubs of North County** PROGRAM NAME: **0**

The main categories align with the budget submitted with your application. Aggregate totals are all that should be reported under each heading.

1)	<b>A</b>	<b>INDIRECT EXPENSES:</b>	PROGRAM COST	REQUESTED FROM FRHD	AMOUNT USED Q1	AMOUNT USED Q2	AMOUNT USED Q3	AMOUNT USED Q4
		TOTAL INDIRECT EXPENSE	<b>\$41,240.00</b>	<b>\$0.00</b>				
	<b>B</b>	<b>PERSONNEL EXPENSES - PROGRAM SPECIFIC</b>	PROGRAM COST	REQUESTED FROM FRHD	AMOUNT USED Q1	AMOUNT USED Q2	AMOUNT USED Q3	AMOUNT USED Q4
		TOTAL PERSONNEL EXPENSE	<b>\$151,951.00</b>	<b>\$36,283.00</b>	<b>\$8,720.28</b>	<b>\$9,650.83</b>	<b>\$10,849.98</b>	<b>\$10,151.28</b>
	<b>C</b>	<b>DIRECT PROGRAM EXPENSES</b>	PROGRAM COST	REQUESTED FROM FRHD	AMOUNT USED Q1	AMOUNT USED Q2	AMOUNT USED Q3	AMOUNT USED Q4
		TOTAL OTHER EXPENSES	<b>\$30,000.00</b>	<b>\$3,750.00</b>	<b>\$2,686.94</b>	<b>\$824.95</b>	<b>\$341.76</b>	<b>\$578.57</b>
	<b>D</b>	<b>TOTALS</b>	PROGRAM COST	FRHD Funds Awarded	Total Amount Q1	Total Amount Q2	Total Amount Q3	Total Amount Q4
			<b>\$223,191.00</b>	<b>\$40,033.00</b>	<b>\$11,407.22</b>	<b>\$10,475.78</b>	<b>\$11,191.74</b>	<b>\$10,729.85</b>

Total funds expended to date: **\$43,804.59**