

Domain 3: Schools and Before- and After- School Providers

“Shaping a Healthy Future” Award- The YMCA of San Diego County

The 14 branches and 2 departments of the YMCA of San Diego County are being recognized for the implementation of their Activate America initiative. The objectives are to support healthy living and emphasize the importance of taking small steps toward a healthier lifestyle and to create and sustain a healthier community. All YMCAs throughout the county are committed to the Activate America initiative which redirects the operational practices of the YMCA internally and externally to focus on health seekers including today’s youth and families.

The YMCA is the “Childcare and Preschool Providers” Domain Champion for the Childhood Obesity Initiative, striving to engage numerous partners including the American Heart Association, American Diabetes Association, American Cancer Society, Centers for Disease Control and Prevention, the National Association of Chronic Disease Directors, the U.S. Olympic Training Center and over 175 area schools. Through Activate America, the YMCA has implemented a number of strategies that support the County’s Call to Action, such as developing new and innovative health programs and materials, implementing the CATCH physical education program at 52 sites serving over 4,500 kids, implementing standards for staff to model healthy behaviors, hosting special events like the “Healthy Kids Day” and developing trainings for staff, schools, childcare providers and parents.