What Works: Programs with Proven Results – Posted 1/14/10

A World Fit For Kids! (W*FIT*) delivers physical activity-based youth development programs and training that result in a triple bottom line: obesity reduction, increased high school graduation rates, and work readiness/jobs. Over the past 16 years, W*FIT* has been served more than 150,000 children and young people in some of the most economically challenged inner-city communities of Los Angeles. According to a recent large-scale evaluation, young people who participate in W*FIT* programs not only improve their health in critical ways, but are also motivated and highly likely to succeed in school and other areas of their lives. Improvements as a result of W*FIT*'s afterschool programming include: 8 out of 10 parents reported children's improved academic skills, increased physical activity levels, and greater personal responsibility and motivation as a result of W*FIT* participation. W*FIT* provides continual training and follow-up throughout the school year to ensure that each TFS participant receives advanced work readiness preparation and ongoing support. Also, 94% percent of students who participated in the 6-month training and internship program have graduated since 2003 from high school. And this is primarily from a high school with a 49.5% graduation rate!