

Scoring better health for Delaware's youth

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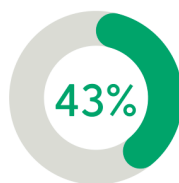
UNIVERSITY OF DELAWARE

**COOPERATIVE
EXTENSION**

ISSUE



Opportunities for physical activity are essential to improving health among Delaware youth.



of American youth meet the federal activity guideline of 60 minutes per day...



pandemic disruptions have delayed improvements in this area...

RESPONSE

Soccer for Success is an all-levels, inclusive youth development program that incorporates health, wellness and soccer

247

total youth benefitted from this program at local schools, Boys and Girls Clubs, a public library and area summer camps.



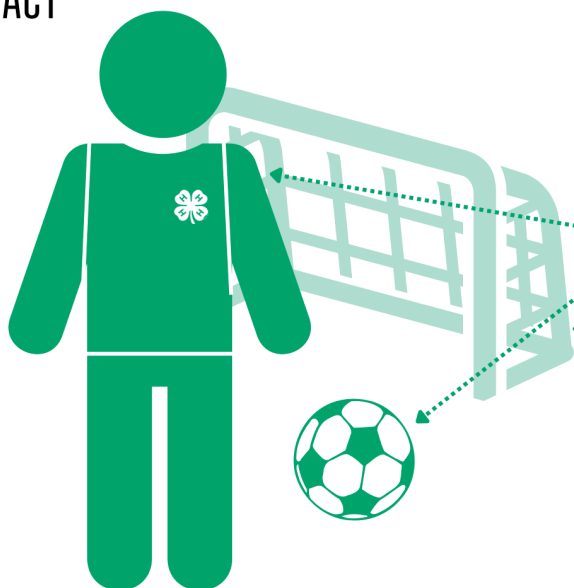
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adults and teens completed the coach-mentor training to carry out Soccer for Success at their respective locations, and

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teens became Health and Wellness Ambassadors

IMPACT



182 youth completed the entire Soccer for Success program, and

- received at least **8 to 15 hours of physical activity and education**

were gifted pinnies/t-shirts, shin guards, soccer balls and bags

Their **host sites were permitted to keep the pop-up soccer goals** to promote activity year-round.

&

65 youth received a one-hour introduction to soccer

ISSUE

Creating opportunities for physical activity remains essential to improving healthy behaviors and long-term health outcomes for Delaware's youth. According to 2017 data from the CDC, only 43.5 percent of American youth meet the federal physical activity guideline of 60 minutes per day.¹ Since this data was collected, however, pandemic disruptions have delayed improvements in this area.

RESPONSE

During the summer of 2021, Delaware 4-H offered the Soccer for Success program: an all-levels, inclusive youth development program that incorporates health, wellness and soccer. This program reached 182 youth 6 to 12 years old at Eisenberg Elementary School, Dagsboro and Milford Boys & Girls Clubs, Laurel Public Library, and (remotely) at Lake Forest School District. Additionally, 65 youth attending Sussex 4-H Camp or The Ark Day Camp received a one-hour introduction to soccer.

A teens-as-teachers model was implemented for Soccer for Success to train five teen Health and Wellness Ambassadors. These teens engaged in healthy living behaviors themselves and assisted at Soccer for Success site locations serving as models and educators for the youth involved. Eight adults and one teen completed the coach-mentor training to carry out Soccer for Success lessons at their respective locations.

IMPACT

The 182 youth who participated in the entire program received at least 8 to 15 hours of physical activity and education and were gifted pinnies/t-shirts, shin guards, soccer balls and bags. Additionally, the host sites were permitted to keep the pop-up soccer goals to promote activity year-round.

The Soccer for Success Program was well received by youth and staff alike statewide;

- “Your soccer educators are doing an amazing job with our kids. We appreciate all that you guys are doing.” “The kids have absolutely loved this program!” – Eisenberg Elementary site coordinators.
 - “It was an awesome summer and thank you for the great collaboration. We definitely look forward to whatever programs you have available next year.” – Child Care Director, Milford Boys & Girls Club.
 - “Our kids loved Soccer for Success so thank you for introducing us to the program and for your help,” – 2021 leader/parent.
 - “We absolutely LOVED working with you guys last summer. The students still talk about it” – Participating site leader.
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RECOGNITION

The 4-H Healthy Habits U.S. Soccer Foundation Soccer for Success supplemental grant provided funding for this program.

PUBLIC VALUE STATEMENT

The Delaware 4-H Soccer for Success program brought health, wellness and soccer education to 247 Delaware youth and provided them with equipment and skills to be more active year-round.

¹ Centers for Disease Control and Prevention (CDC). 1991-2019 High School Youth Risk Behavior Survey Data.