



## Soccer for Success

### Health Challenge

In the United States, approximately one third of children are obese or overweight. The problem is even more acute in low socio-economic communities. According to the 2012 Philadelphia Health Management Corporation Household Health Survey 32.7% of Children 6+ were considered to be overweight or obese. The survey notes a greater percentage of children 6+ in the communities served by the Chester-Upland *Soccer for Success* program who are overweight or obese at 46.6%. In the 6-12 age group, the rate jumps to 41.3% in Delaware County and 49.6% in the areas where *Soccer for Success* participants reside.

### Target Group

The Chester-Upland *Soccer for Success* Program targets the under-resourced community of Chester as well as the surrounding communities that attend the local charter schools. The Chester-Upland *Soccer for Success* Program focuses on elementary age youth which showed the highest overweight and obesity rates. The program is offered at nine (9) sites; one public elementary school, two private schools, five charter schools and one community organization. Two-thirds (2/3) of the participants receive free/reduced lunch. The areas in which these children reside are high crime areas limiting their ability to be physically active in a safe environment.

### Program Highlights

*Soccer for Success* is the U.S. Soccer Foundation's innovative youth development program that uses soccer as a tool to combat childhood obesity and promote healthy lifestyles for children in under-resourced urban communities. The Chester-Upland *Soccer for Success* Program provides free afterschool programming 3 days a week for 90 minutes throughout the entire school year. The Chester-Upland *Soccer for Success* Program combines soccer and nutrition education in a dynamic, fun and safe environment. Participants not only learn soccer skills and how to live a healthy lifestyle, they learn how to develop positive social skills in a safe environment.

### Partners

Chester Upland *Soccer for Success*' founding partners include Widener University, CKHS Community Health Education, Chester Youth Collaborative, the William Tripley Foundation and The Philadelphia Union.

### Measurable Outcomes

The success of the program can first be seen in its growth. In just 3 years, Chester-Upland *Soccer for Success* has almost doubled the number of participants and tripled the number of sites. It is also evident that we are positively addressing the health challenges initially targeted. In the last season, we saw positive trends in approximately 68% of the participants in one or more of the 3 key metric areas including waist circumference, aerobic capacity and BMI percentile.



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- In the US, approximately one third of children are obese or overweight. The problem is even more acute in low socio-economic communities.
- The 2012 Public Health Management Corporation Household Health Survey noted 32.7% of Children age 6+ in Delaware County were overweight or obese.
- In the communities served by *Soccer for Success*, such as Chester, the rate of those considered obese or overweight increased to 46.6%.
- In the 6-12 age group, the number jumps to 41.3% in Delaware County and 49.6% in the areas where *Soccer for Success* is offered.
- Although it is promising that approximately 95% of the 6-12 age group are physically active for at least 30 minutes for 3 or more times per week; it is important to note that the recommended amount of activity for children this age is 60 minutes per day.

Children Age 6+ who were Overweight or Obese (Total) in Delaware County			
Sample Size Rating		Projected Number	Percentage
	Delaware County	26,451	32.7%
	Soccer for Success Service Area	8,384	46.6%

Children Age 6+ who were Overweight or Obese by Age			
		Projected Number	Percentage
6-12 year olds	Delaware County	16,343	41.3%
	SFS Service Area	3,988	49.6%

Frequency of Physical Activity by Age 6-12 (30 minutes per day)			
Sample Size Rating		Projected Number	Percentage
Delaware County	0-2 times per week	4,565	10.5%
	3+ times per week	38,736	89.5%
SFS Service Area	0-2 times per week	369	4.2%
	3+ times per week	8,453	95.8%

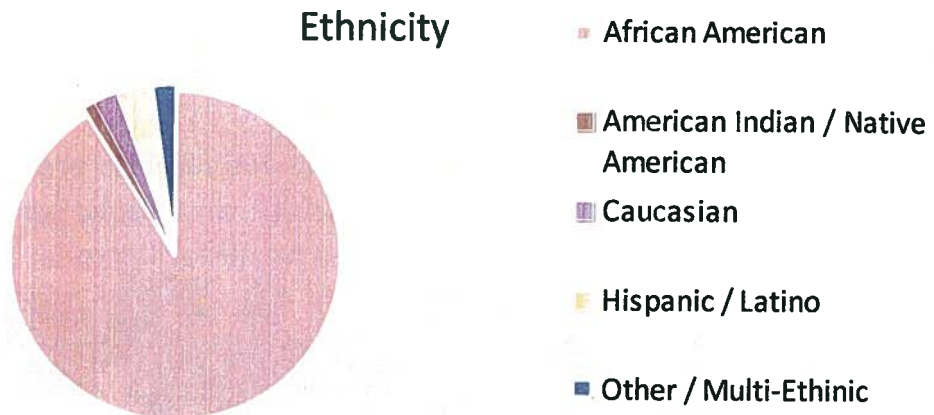
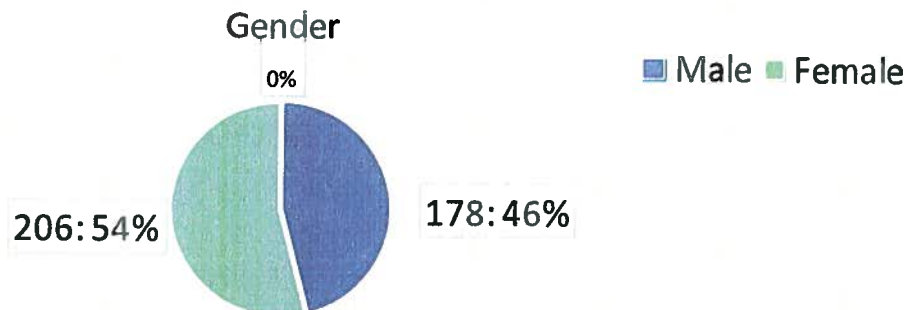
Resource: Philadelphia Health Management Corporation 2012 Household Health Survey



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- The Chester-Upland *Soccer for Success* Program targets the underserved community of Chester as well as the surrounding communities that attend the local charter schools.
- The Chester-Upland *Soccer for Success* Program focuses elementary age youth which showed the highest overweight and obesity rates.
- The program is offered at nine sites; one public elementary school, two private schools, five charter schools and one community organization.
- Two-thirds (2/3) of the participants receive free/reduced lunch.
- The areas in which these children reside are high crime areas limiting their ability to be physically active in a safe environment.





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### Program Highlights

- *Soccer for Success* is the U.S. Soccer Foundation's innovative youth development program that uses soccer as a tool to combat childhood obesity and promote healthy lifestyles for children in under-resourced urban communities.
- The Chester-Upland *Soccer for Success* Program provides free afterschool programming 3 days a week for 90 minutes throughout the entire school year.
- The Chester-Upland *Soccer for Success* Program combines soccer and nutrition education in a dynamic, fun, and safe environment.
- Participants not only learn soccer skills and how to live a healthy lifestyle, they also learn how to develop positive social skills in a safe environment.

### *Soccer for Success* Focuses on 4 Key Pillars:

- **Physical Activity** - Children exercise for 90 minutes 3 days a week in a cooperative and supportive environment, where they are given the attention and guidance they need to develop into healthy and successful young adults.
- **Nutrition** - Staff deliver relevant educational activities focusing on the basics of nutrition, the importance of making healthy lifestyle choices, and the benefits of maintaining healthy eating habits.
- **Mentorship** - Coaches/mentors lead activities that emphasize the importance of leadership, teamwork, respect, dedication and hard work.
- **Family Engagement** - Parents and families are provided with information on nutrition, health, and public services that will help the whole family on its way to a healthier lifestyle.







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### Partners

- Chester Upland *Soccer for Success*' founding partners include Widener University, CKHS Community Health Education, Chester Youth Collaborative, the William Tripley Foundation and The Philadelphia Union.
- In addition, the following supporting partners assist with fundraising, sweat equity, and program implementation: Eastern PA Youth Soccer Association, The Andrew L. Hicks Jr. Foundation, ARAMARK, Greener Partners, KidzPartners, Angelo's Soccer Corner, Chester Water Authority and Ian's Boots.
- The collaborative efforts from both the schools and organizations are key factors to success of the program. These include: Stetser Elementary School, Drexel-Neumann Academy, Frederick Douglas Christian School, Widener Partnership Charter School, Chester Charter School of the Arts, Chester Community Charter School (East, West & Upland Campuses) and the Boys & Girls Club of Chester.
- The Crozer-Keystone Health System Community Health Education Department provides training and curricula for nutrition education and measurement protocols.
- Each partner plays an integral role in the planning, facilitation, and ultimately the overall success of the program.



Widener  
University

CROZER  
KEYSTONE  
HEALTH SYSTEM





## Soccer for Success

### Measurable Outcomes

#### Positive Trends in Key Metric Areas (Weight, Waist Circumference and/or PACER)

##### Fall 2012

- Locations = 3                      Participants = 205
- Participants showing a positive trend = 79 (39%)

##### Spring 2013

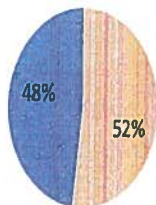
- Locations = 4                      Participants = 287
- Participants showing a positive trend = 145 (51%)

##### Fall 2014

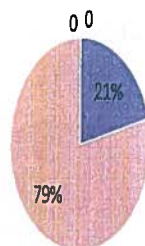
- Locations = 9                      Participants = 383
- Participants showing a positive trend = 260 (68%)

- The success of the program can first be seen by its growth. In three years, Chester Upland *Soccer for Success* has almost doubled the number of participants and tripled the number of sites.
- It is also evident that we are positively addressing the health challenges initially targeted. In the last season, we saw positive trends in all 3 key metric areas:
  - 52% of participants improved or maintained Waist Circumference
  - 73% of participants improved or maintained Aerobic Capacity
  - 79% of participants improved or maintained BMI percentile

Indicator: WAIST



Indicator: BMI



Indicator: PACER

