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Community Health Plan of Washington and Boys & Girls Clubs of Washington Partner to Address and Prevent Childhood Obesity

- ***Program funds will help combat growing rate of childhood obesity in Washington State***
- ***Club programs will focus on health and wellness through nutrition education, healthy cooking and gardening.***

SEATTLE – March 9, 2017 – Community Health Plan of Washington (CHPW) has joined Boys & Girls Club of Washington (BGCWA) as a Nutrition Partner to combat childhood obesity in Washington State.

CPHW is partnering with BGCWA to support new and existing programs that encourage healthy lifestyle behavior changes and have lasting impacts on their health and wellbeing. Programs will emphasize health and wellness, including kitchen snack programs, scratch cooking, nutrition education and related activities that underscore portion control, a balanced diet and healthy food choices.

“We are thrilled to be working with the Boys & Girls Club of Washington to tackle the growing epidemic of childhood obesity in our community. This partnership creates an incredible opportunity for our youngest and most vulnerable members to get on the path to good nutrition and lifelong health,” said Leanne Berge, CEO, Community Health Plan of Washington which provides free Boys & Girls Club memberships for youth enrolled in its Medicaid health plan.

In the last Washington State DOH report on child weight and physical activity, 10 % of 8th, 10th, and 12th graders were obese and another 13-14% were overweight. Among 10th graders, American Indian/Alaskan Natives, Blacks, Hispanics and Pacific Islanders were more likely than Whites to be overweight or obese. According to the U.S. Centers for Disease Control and Prevention, childhood obesity has tripled since 1980 with nearly one in every three children being overweight or obese. Children from low-income and low-education households are three-times more likely to suffer from obesity, which is a leading risk factor for diabetes, heart disease and many cancers. *America’s Health Rankings*®, an annual comprehensive assessment of the

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nation's health on a state-by-state basis, reports that 26 percent of people in our state are obese.

Serving more than 79,000 Washington youth, the BGCWA exist to inspire and enable all young people, especially those who need us most, to realize their full potential as productive, responsible and caring citizens. The clubs provide a safe place to learn and experience life enhancing programs and character development.

"We are so pleased to receive support from Community Health Plan of Washington," said Matt Watrous, executive director, Boys & Girls Clubs of Washington. "We appreciate the support in our efforts to prevent youth obesity of our Club members. This funding will provide a safe environment to educate our members about the importance of healthy lifestyle choices, and the relationship between food and health."

About Community Health Plan of Washington

[Community Health Plan of Washington](#) (CHPW) is a not-for-profit organization serving approximately 300,000 members through Medicare, Medicaid, and other state-sponsored programs. As the only health plan in the state founded by local community health centers, CHPW's delivery system includes more than 2,600 primary care providers, 14,000 specialists, and over 100 hospitals.

About Boys & Girls Clubs of Washington

The [Boys & Girls Clubs of Washington](#) exist to inspire & enable all young people to realize their full potential as productive, responsible and caring citizens. Professional staff and volunteers use a combination of locally developed programs and those developed and tested nationally by Boys & Girls Clubs of America in the following Program Impact Areas: Academic Success, Character & Citizenship, and Healthy Lifestyles Currently, 79,013 Washington state youth in grades K-12 are served through annual membership and over 45,000 youth through community outreach. There are programs currently offered at 150 separate locations, including Clubhouses, native lands, public housing, schools and community centers.

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