

2021-2022 PROGRAM REPORT

THE
GRASSROOT
PROJECT

We have provided health education for over a decade in Washington, DC as The Grassroot Project (TGP.)



Now, more than ever before, we feel a national urgency to provide innovative health education. To usher in the next decade of impact on the national stage, we are re-branding...please help us introduce, GRASSROOTS HEALTH!

GRASSROOTS
HEALTH



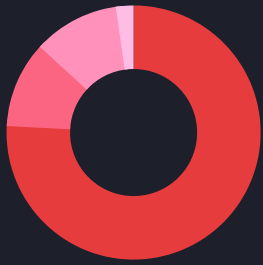
YEAR IN NUMBERS

708 middle school students

5K+ student hours in health programs

145 NCAA athlete volunteers

550+ volunteer hours in programs



Students identify as...

76% Black
11% Hispanic
11% Mixed
2% Other



6th grade nutritional health

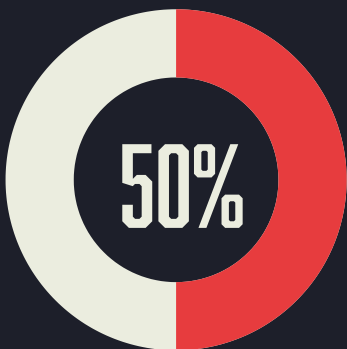
267

7th grade sexual health

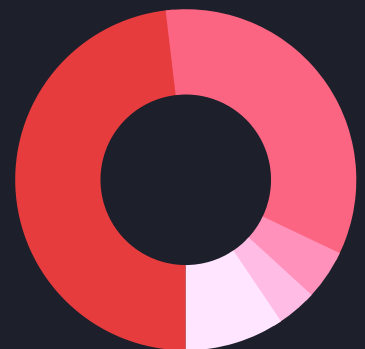
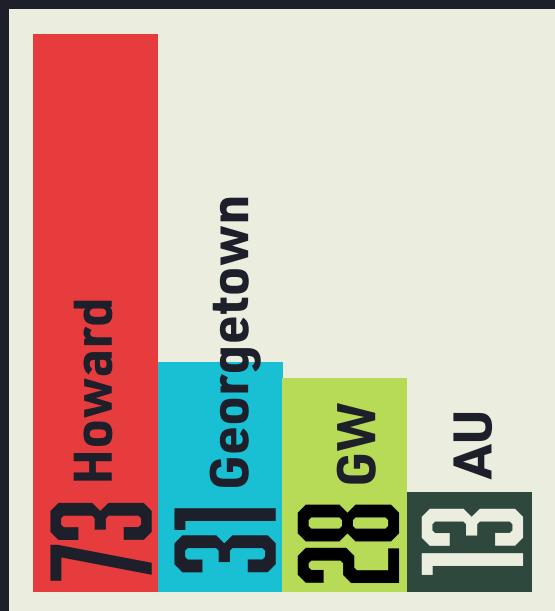
239

8th grade mental health

202



In 2021-22, 50% of Grassroots' NCAA athlete volunteers attended Howard University.



NCAA athletes identify as...

51% Black
36% White
5% Mixed
4% Hispanic

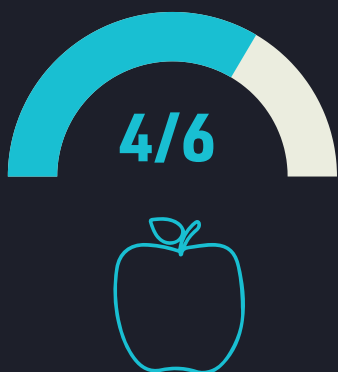
OUTCOMES

ACHIEVE IMPACT

Students complete surveys before and after their 10-week health program to assess changes in students' health knowledge, behaviors, attitudes and beliefs, and confidence to apply concepts in real-life situations. Grassroots uses this data to inform curriculum adaptation.

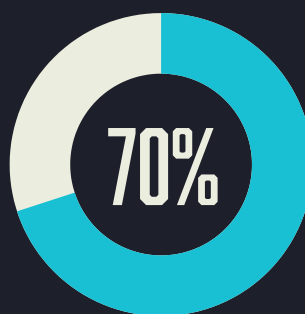
*significant growth = growth from individuals matched pre/post surveys using a paired T-Test analysis (see below)

NUTRITION



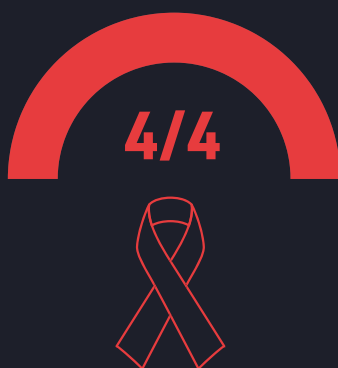
Nutritional health competencies showed *significant growth in...

- Health Knowledge
- Nutrition Expectancies
- Nutrition Values
- Physical Activity Values



of students find the benefits of healthy eating to be very or extremely important to them.

SEXUAL HEALTH



Sexual health competencies showed *significant growth in...

- Health Knowledge
- Self Efficacy
- Attitudes and Beliefs
- Communication

4 OUT OF 5



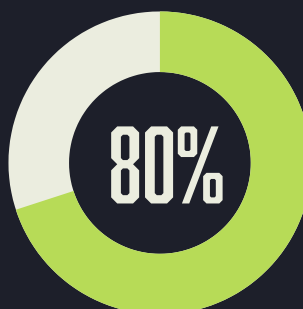
students feel confident they can discuss consent with partners

MENTAL HEALTH



Mental health competencies showed *significant growth in...

- Self Efficacy
- Mental Wellbeing
- Mental Health Stigma
- Mental Health Values



of students agree that they can take steps towards the future they want



FAM & CONNECT

STRENGTHEN COMMUNITY



GRASSROOTS FAM brings parents and caregivers together to create a space for improving communication about challenging health topics with youth

56 parents or caregivers attended Grassroots Fam sessions hosted virtually and in-person

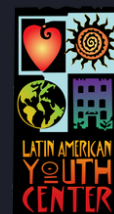
100% of parents or caregivers said they would recommend Grassroots Fam

“Grassroots is amazing. It's easy to stay on the children about their grades but when it comes to these topics I didn't know where to start or what age.”

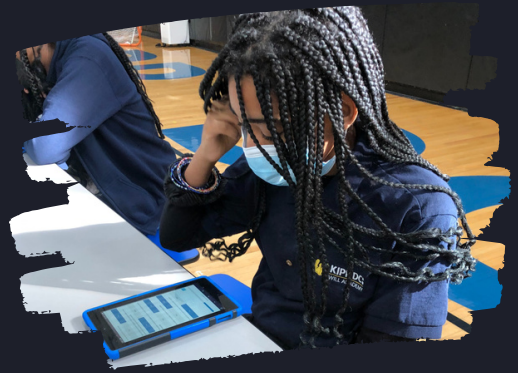
GRASSROOTS CONNECT provides a space to celebrate students while also connecting students and their families to other community based organizations and health service providers

165 Students connected with local community based organizations and health service providers.

7 community based organizations and health service providers attended.



STUDENT FEEDBACK



“

My favorite thing about Grassroots is being able to talk about things and express my feelings.

“

I liked that I could talk about health with my classmates and it wasn't weird. They made it more comfortable.

“

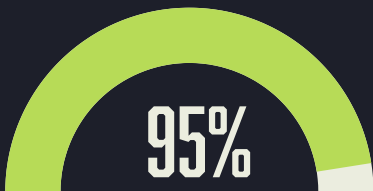
I liked building a bond with the athlete-coaches and I liked the information I learned.

”

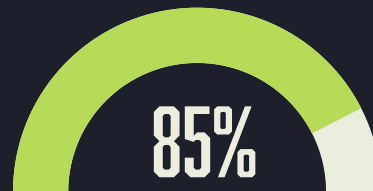
“

My favorite thing about Grassroots is that we play games that relate to real life problems.

”



of students feel comfortable taking about sexual health and mental health with NCAA athlete volunteers.



of students feel that Grassroots is important for their health and wellbeing.

