

2022-2023 PROGRAM REPORT



Grassroots Health returned to pre-COVID programming numbers in Washington, DC this academic year while working with an incredible cohort of students and families who display a tremendous passion to improve health outcomes for their community by taking agency for community social change.

Grassroots Health also began piloting programming in Philadelphia, PA for the first time! Building new roots in a new city means prioritizing relationship building. New schools + athletic departments + other community-based organizations = lots of new connections to help build momentum around reimagined health education!



2022-23: A YEAR IN NUMBERS

1,164 Middle school students

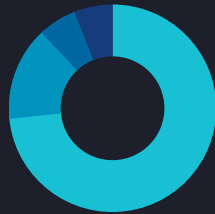
293 NCAA athlete volunteers trained as health educators

10K+ Student hours in health programs

1.7K+ Volunteer hours in programs

Students identify as...

73.3% Black
14.6% Hispanic
6% Mixed
6% Other



454 6th Grade | NUTRITIONAL HEALTH

402 7th Grade | SEXUAL HEALTH

308 8th Grade | MENTAL HEALTH

NCAA athletes identify as...

40% Black
47% White
7% Mixed
4% Hispanic
2% Asian



19 Student-athletes volunteered in more than 5 programs in 2022-23 with 2 athletes completing 11 programs in the 22-23 academic year!



OUTCOMES

ACHIEVE IMPACT

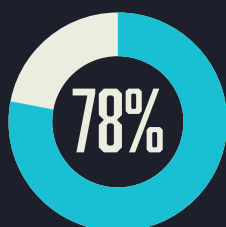
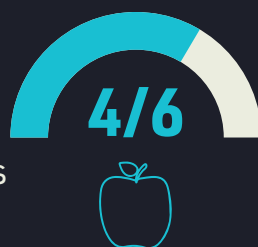
Students complete surveys before and after their 10-week health program to assess changes in students' health knowledge, behaviors, attitudes and beliefs, and confidence to apply concepts in real-life situations. Grassroots uses this data to inform curriculum adaptation.

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

NUTRITIONAL HEALTH

Nutritional health competencies showed *significant growth in:

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



of students believe after Grassroots Health programming that eating healthy foods will make them more energetic

SEXUAL HEALTH

Sexual health competencies showed *significant growth in:

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



4.2 OUT OF 5



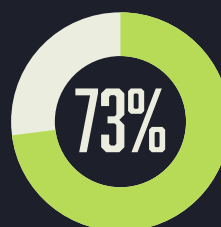
students feel confident they can tell someone they are not ready to have sex

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 learning about and improving communication about challenging health topics with youth

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

98% of families would recommend this workshop and felt it was a valuable use of their time

“

Grassroots has been phenomenal. It actually helps parents/grandparents understand world issues with our kids and adults. I would advise more parents to participate in this program and spread the word as we deal with mental illnesses and STIs, etc. This information is power!

Grandma Shiela,
KIPP Will

”

GRASSROOTS CONNECT provides a space to celebrate students while also connecting students and their families to other community based organizations and health service providers. We held 4 events, all at Howard University, this year!

1K+

students connected with local community based organizations and health service providers.

15

community based organizations and health service providers attended.



STUDENT FEEDBACK

“ —

My favorite part of Grassroots this year was the coaches and the way they teach and made sure you know mental health, but also made me feel comfortable talking about mental health.

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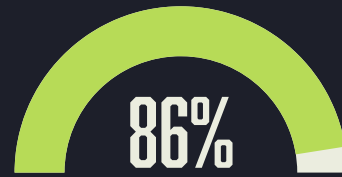
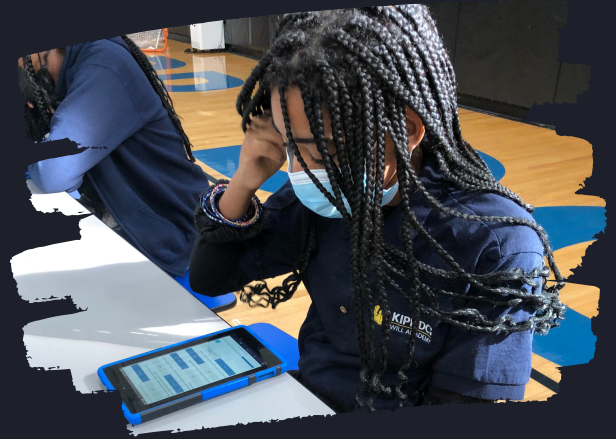
I liked building a bond with the athlete-coaches and I liked the information I learned. My favorite was Lil Wheels (Howard Football player.)

“ —

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

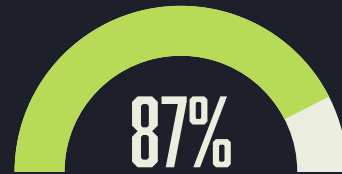
“ —

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



86%

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



87%

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

