Grassroots Health achieved a historic milestone in the 2023-24 academic year, reaching more students than ever before. This remarkable success is a testament to the dedication and collaboration of our schools, teachers, volunteers, GRH staff, and supporters.

We are excited to report the addition of a new longterm school partnership KIPP DC: AIM Academy that we piloted this year and are excited to work with their entire middle school in 2024-25.

This year, we revolutionized our staffing model by harnessing the untapped potential of our volunteer base and recognizing the impactful influence of student-athlete leaders. To capitalize on this, we introduced 8-10 part-time "Program Interns" to each program. These interns forged strong connections with teachers, administrators, and students, while also coordinating volunteers and ensuring program fidelity and attendance.

This innovative structure not only creates valuable leadership and employment opportunities for student-athletes but also enables GRH to expand its reach, offering more schools access to our health education programs.

We invite you to explore our 2023-24 End of Year Report, where you’ll find a comprehensive overview of our programming, insights into our impact, and testimonials from program participants.
2023-24: A YEAR IN NUMBERS

1,500 Middle school students
12K Student hours in health programs
143 NCAA athlete volunteers trained as health educators
2.3K Volunteer hours in programs

Students identify as...
69.24% Black
18.97% Hispanic
6.72% Mixed
5.06% Other

NCAA athletes identify as...
59.96% Black
34.96% White
3.6% Hispanic
1.48% Other

# OF VOLUNTEERS IN PROGRAMS

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59.96% Black
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### Middle Schools
- Howard
- Gtown
- GW
- American

### Universities
- 64
- 20
- 43
- 29
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.

**NUTRITION**

Nutritional health competencies showed *significant growth in:
- Health Knowledge
- Nutrition Expectancies
- Nutrition Values
- Physical Activity Values
- Physical Expectancies
- Behaviors

75% of students believe that healthy eating can make them feel better physically

**SEXUAL HEALTH**

Sexual health competencies showed *significant growth in:
- Health Knowledge
- Self Efficacy
- Attitudes and Beliefs
- Communication

4/4 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

71% of students are confident that they understand the source of their own stress

75% of students value having healthy relationships with others

*significant growth = growth from individuals matched pre/post surveys using a paired T-Test analysis
I liked the open forum without feeling judged and the engagement of all parents.

Parent LaShawn Avery,
Washington School For Girls

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

93% satisfaction (enjoyed programming and would recommend it strongly to other parents/caregivers)

87 parents/caregivers reached

# of Parent/Guardians who attended GRH FAM [by school]

- Washington School for Girls: 21
- KIPP DC: Will Academy: 17
- Center City PCS: Capitol Hill: 16
- Perry Street Prep PCS: 12
- Center City PCS: Shaw: 11
- Center City PCS: Brightwood: 10

GRASSROOTS CONNECT provides a space to celebrate students and connect students (+ families) to other community based organizations and health service providers. We held 4 events, all at Georgetown University’s McDonough Gymnasium, this year!

11/12 schools receiving GRH programming attended

19 community based orgs and health service providers attended.

2023-24 Grassroots Connect partners
This program was overall amazing and I would love for my brother to do this when he's old enough.

My favorite part of the Grassroots health program was the games we played. They gave us fun games, while showing the bigger picture about WHY we play those games. It helps me understand more about nutrition while having fun.

My favorite part was getting to know more about sex so I can be prepared or ready when I am ready to have sex.

My favorite thing about Grassroots health program is how they acknowledged our emotions.

77.3% of students feel comfortable talking about nutrition, sexual health and mental health with NCAA athlete volunteers.

89% of students feel that Grassroots Health is important for their health and wellbeing.