



# Evaluation of the Teen Achievers Program at the Copley-Price YMCA

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## Background

- High school students in San Diego's City Heights neighborhood face economic hardship and may lack a support system to help transition to adulthood
- In response, the Copley-Price YMCA Teen Achievers program was created to provide mentorship, tutoring, and activities geared towards academic success, physical and mental wellbeing, and civic engagement for these students
- Participants must participate in  $\geq 2$  group exercise activities/month
- Program also serves free dinners provided by Feeding San Diego and local catering company

## Objectives

- Determine if the program enrolls its target population
- Compare demographic, academic, and health behavior characteristics of Teen Achievers to other youth in the community
- Create a user-friendly computerized system for ongoing program monitoring

## Methods

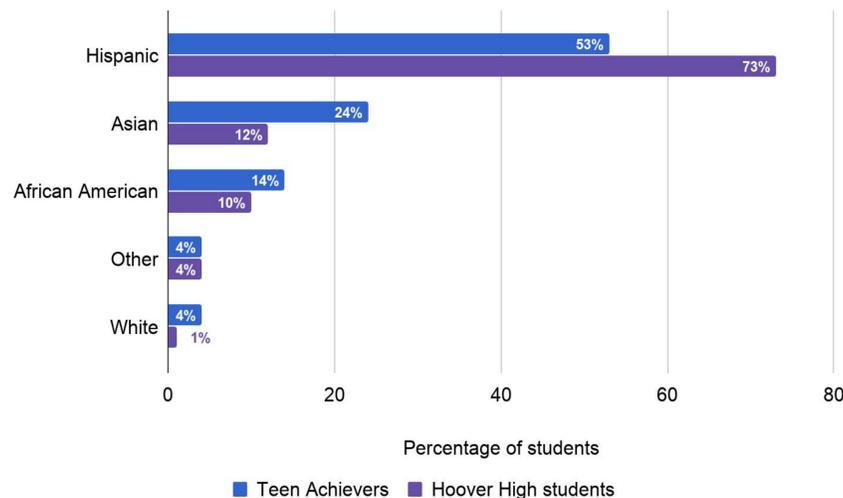
- Cross-sectional evaluation design of 49/64 Teen Achievers (77%) participated in our study, of whom 67% attend Hoover High School
- Online questionnaire assessed demographic, academic, and health behavior characteristics between December 2017 and March 2018
- Demographic and academic information compared against Hoover High data from the 2016-2017 School Accountability Report Card
- Health behaviors compared against data from the 2015 Youth Risk Behavior Survey of San Diego high school students
- Data analysis performed using Epi Info 7 and Open Epi



## Results

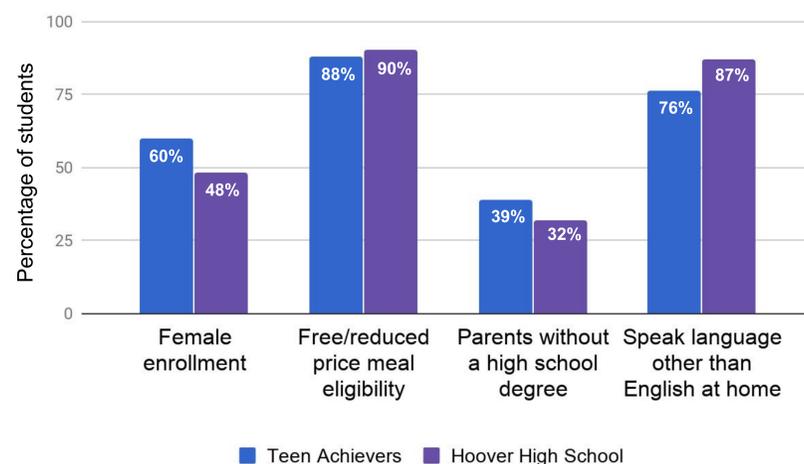
### Demographic characteristics

**Race/ethnicity of Teen Achievers and Hoover High students**



Compared to Hoover High, the Teen Achievers program had fewer Hispanic students and a higher percentage of students of Asian origin ( $p = 0.05$ )

**Other sociodemographic characteristics of Teen Achievers and Hoover High students**



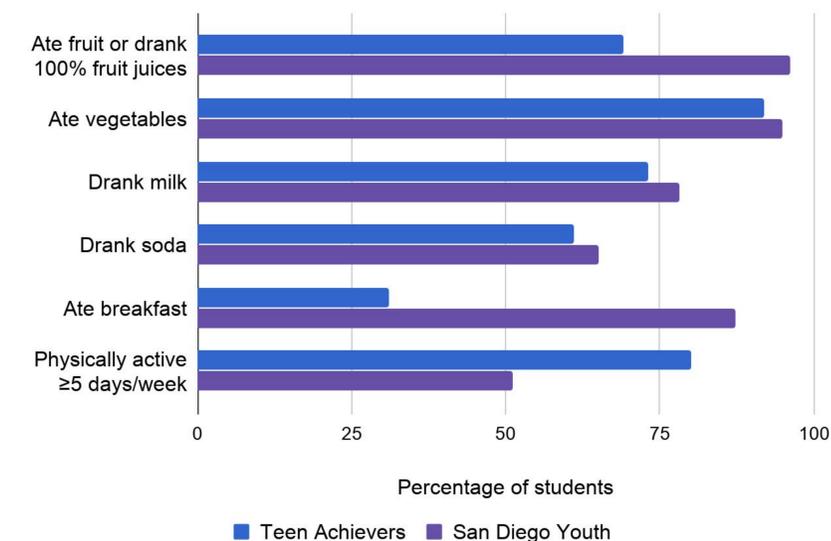
Teen Achievers had a higher percentage of females, similar levels of eligibility for free/reduced meal prices, a higher percentage of parents without a high school degree, and lower percentage of students who speak a language other than English at home, but only the latter was statistically significant ( $p = 0.04$ )

### Academic performance

- Compared to Hoover High students, Teen Achievers reported:
  - Higher mean GPA (3.20 vs. 2.70) ( $p < 0.05$ )
  - No difference in Advanced Placement course enrollment (31% vs. 30%)

### Health behaviors

**Health behaviors over the past 7 days among Teen Achievers and San Diego high school students**



Compared with San Diego high school students, the Teen Achievers were significantly less likely to have consumed fruit ( $p < 0.0001$ ) or to have eaten breakfast over the last 7 days ( $p < 0.0001$ ) but were more likely to have engaged in regular physical activity ( $p < 0.0001$ )

## Conclusions

- The Teen Achiever Program has been successful in enrolling its target population
- Teen Achievers are mostly first generation high school students, have higher mean GPAs, and participate in more physical activity than other San Diego youth
- Greater emphasis should be placed on improving nutritional practices among Teen Achievers
- The digital database system created for prospective monitoring will aid in further evaluation of the Teen Achievers Program