The current generation of children may be the first in 200 years to have a shorter lifespan than their parents. The main culprit: obesity, caused by lack of physical activity and poor nutrition.

Children on average spend 7 hours a day in front of some type of screen.

Source: New England Journal of Medicine

The Y has expanded its longtime commitment to supporting healthy living by adopting the HEPA standards, a guide to implementing healthy eating and physical activity habits within Y early learning and afterschool programs.

By implementing the HEPA standards, we’re providing the foundation for a healthier future by supporting kids, staff and families.

With more than 9 million children participating in our out-of-school time programs, the Y has a responsibility to the families and communities it serves to address health concerns among children. In 2011, Y-USA made a commitment to educate kids about healthy lifestyles, model healthy behaviors and cultivate environments that make healthy choices the easy choices.

The Y seeks to improve the health of youth in every community we serve. By implementing the HEPA standards in more than 2,700 Ys across the country, the Y is actively developing healthy habits in more than 700,000 youth. More than 90 percent of Y early learning and afterschool programs are formally committed to implementing HEPA.

As a cause-driven organization, the Y seeks to improve the health of youth in every community we serve.