

Is Participation in Out-of-School Programs Linked to Better Health, Social and Education Outcomes?

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Boys and Girls Clubs of Canada

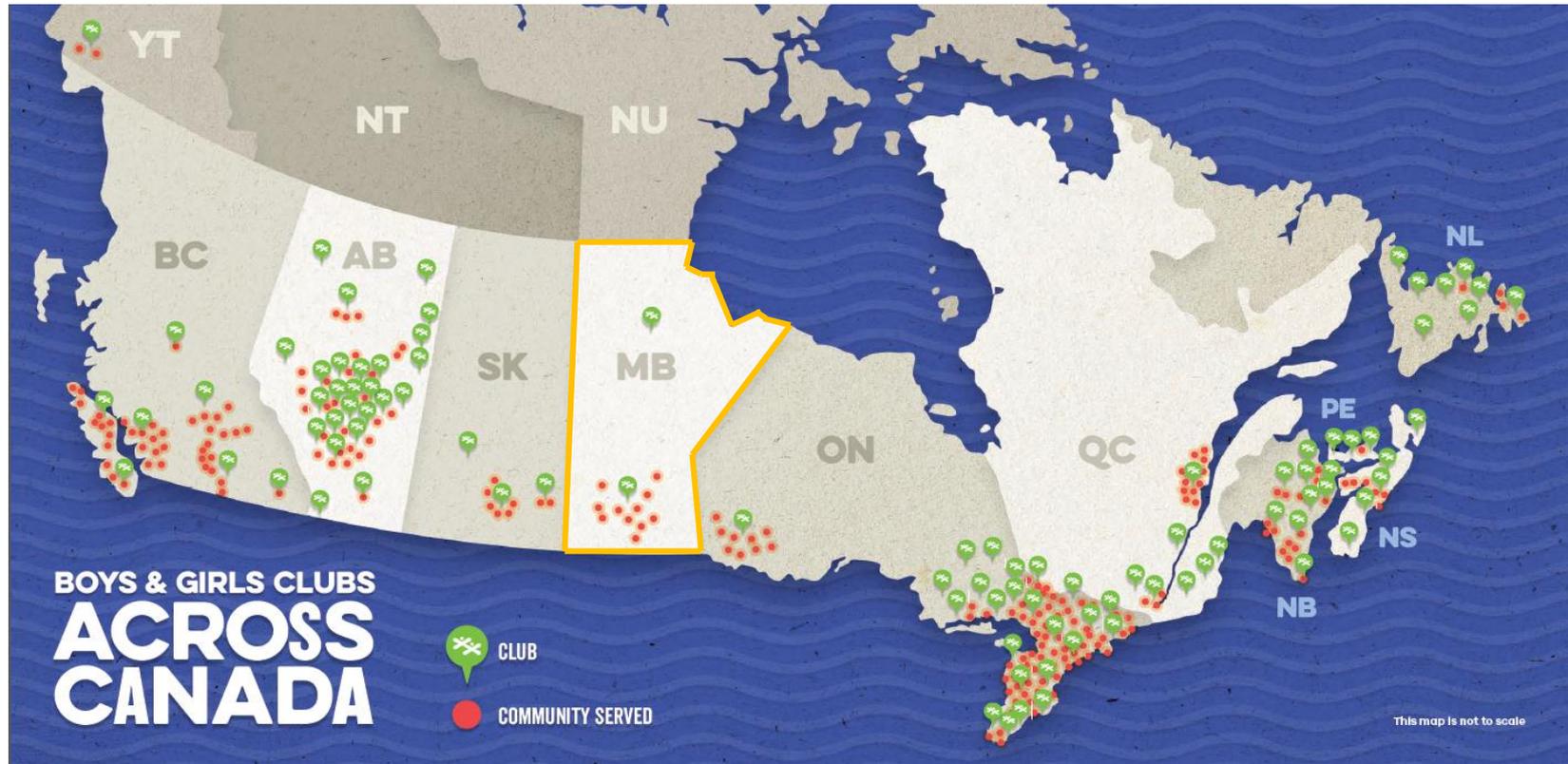
A non-profit organization providing
safe, supportive places



where children and youth can experience
**new opportunities, overcome barriers,
build positive relationships,
and develop confidence and skills for life.**



Boys & Girls Clubs across Canada: Focus on Winnipeg



What Boys & Girls Clubs Do

SCHOLARSHIPS **JOB READINESS** **MENTORING** **ARTS & CRAFTS**

WHAT CLUBS DO

BREAKFAST CLUBS **MUSIC** **DANCE**

HEALTHY SNACKS & MEALS **COOKING** **THEATRE**

PHYSICAL FITNESS & SPORTS **GARDENING** **YOUTH SHELTERS**

OUT DOOR ADVENTURE **YOUTH & RECONCILIATION** **PARENTING EDUCATION & SUPPORT**

INDIGENOUS PROGRAMS

HOMESCHOOL HELP **AFTER SCHOOL PROGRAMS** **LEADERSHIP SKILLS** **MENTAL HEALTH & WELLNESS** **CRIME PREVENTION** **COMMUNITY INVOLVEMENT**

CHILD CARE **SUMMER CAMPS** **DIGITAL LITERACY** **FINANCIAL EDUCATION** **SUBSTANCE ABUSE PREVENTION & COUNSELLING**

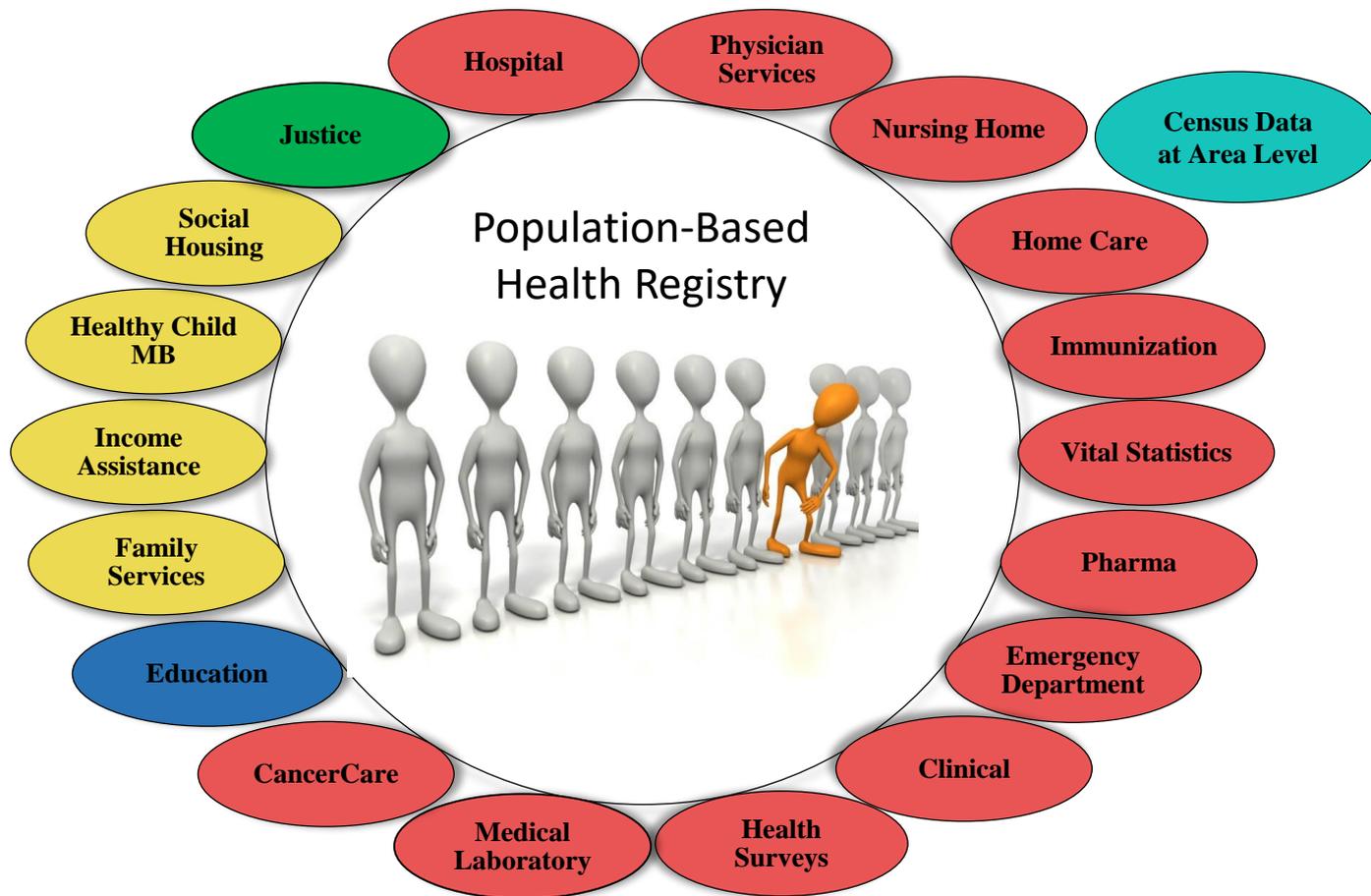


Research Question:

Do children and youth who participate in Boys and Girls Clubs of Winnipeg programs have better health, social and education outcomes than non-participants with similar socioeconomic and family characteristics?



The Population Health Research Data Repository at the Manitoba Centre for Health Policy

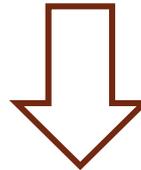


Cohort

**Manitoba Population Health Registry
Kids with valid PHIN born 1987-2010
N = 15,720,741**

**Boys and Girls Clubs of Winnipeg
Membership 2005-2016
N = 16,784**

link via PHIN



After removing duplicates and individuals without health coverage during membership

**N = 9,049
program kids**



Matched on 5-digit postal code and age (± 3 months)

**Exposed Group
N = 8,785
program kids**

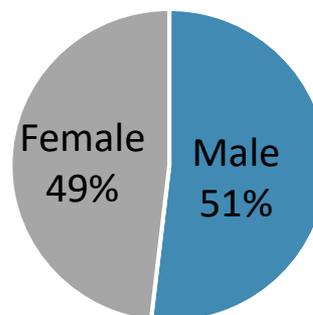
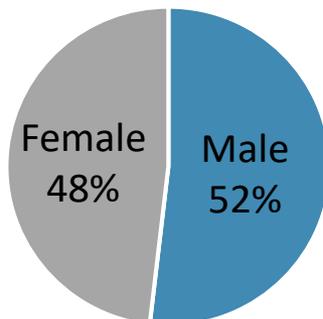
**Control Group
N = 69,076
non-program kids**



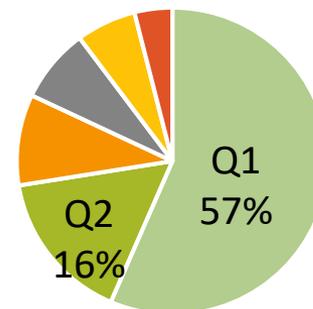
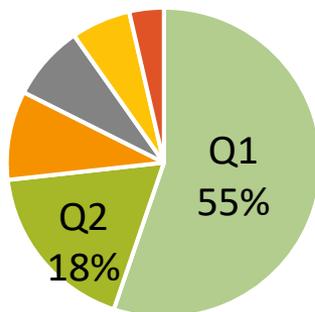
Descriptive Characteristics

Program Participants vs Non-Participants

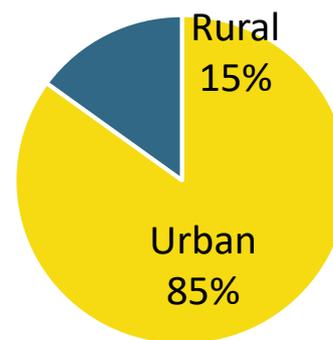
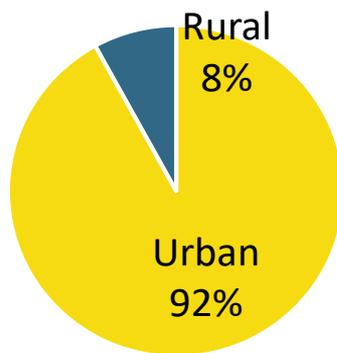
SEX



INCOME QUINTILE



RESIDENCE



Other Descriptive Characteristics

Measured between birth and first visit to BGC program

	Program Kids	Non-Program Kids	All Manitoba
Household received income assistance	64%	45%	12-17%
Born to teen mother	44%	35%	6%
Mother initiated prenatal care late	26%	26%	23%
Low birth weight	4%	4%	
Preterm birth	5%	6%	
Received services from Child Welfare at least once	49%	36%	
In care of Child Welfare for at least one day	20%	17%	10%
Mother had at least one doctor's visit for a mental health disorder	49%	41%	20%



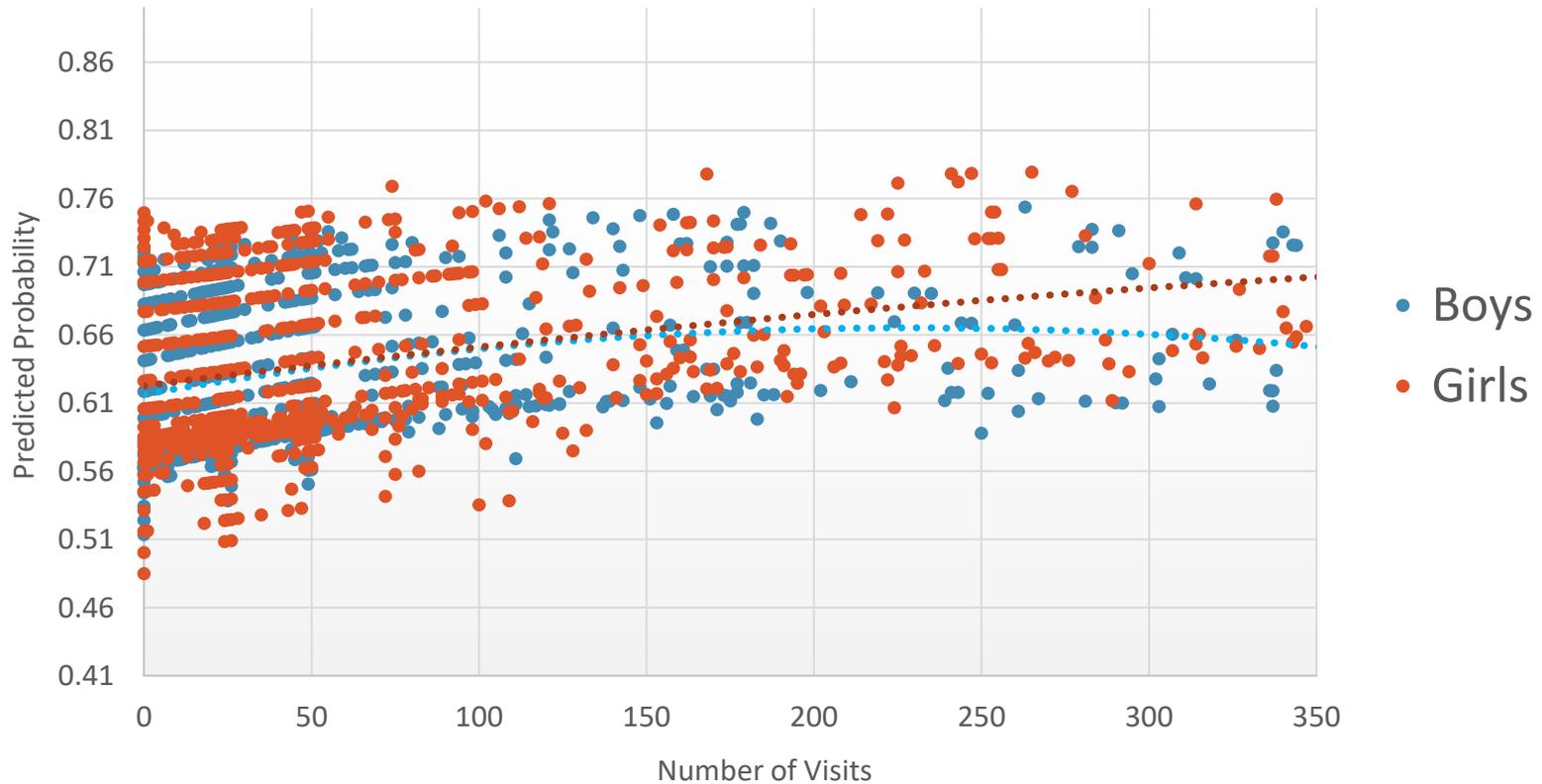
Education Outcomes



Grade 3 Numeracy

BGCW Overall GAM GPS Adjusted Model for Grade 3 Numeracy

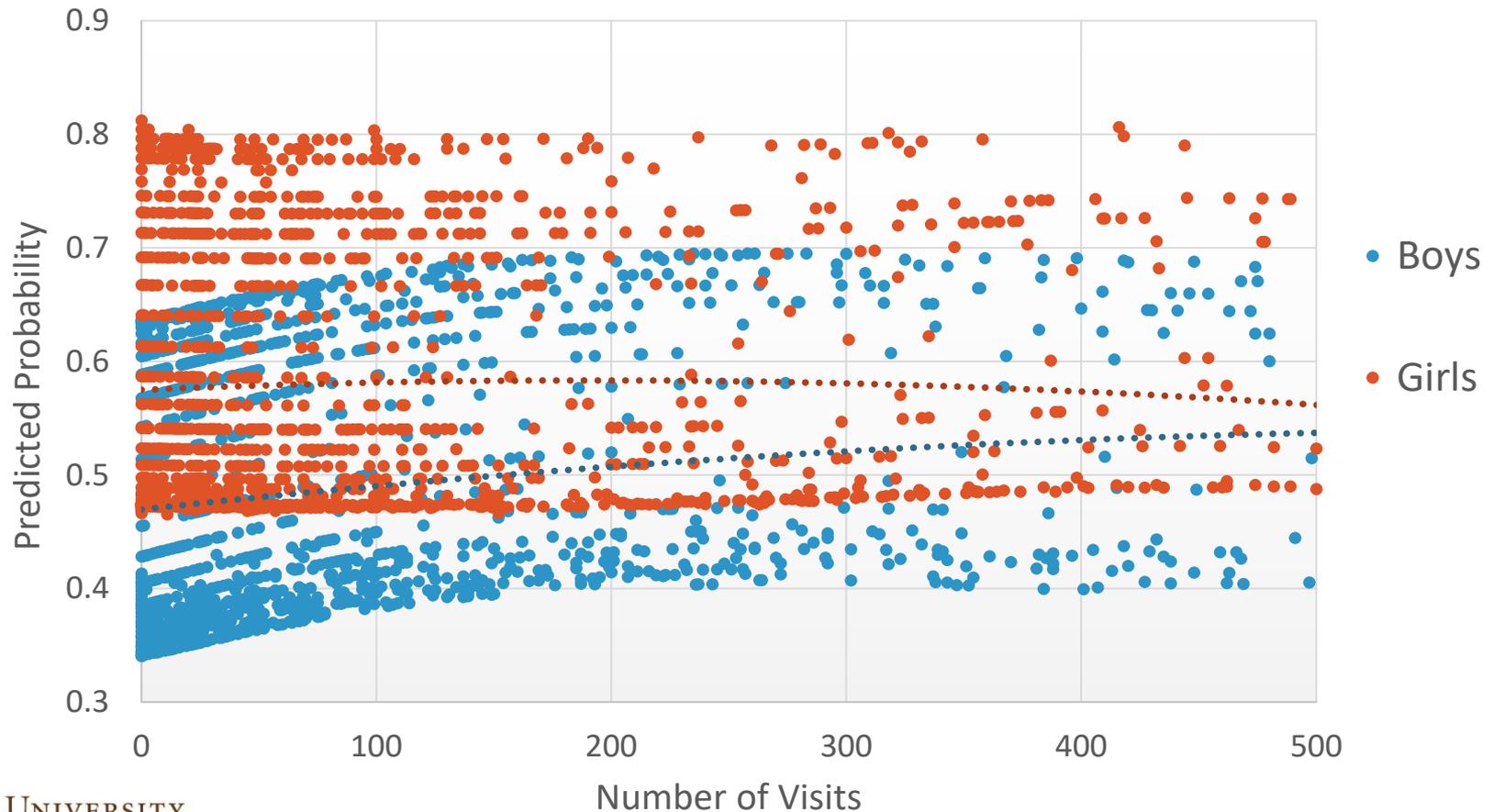
Predicted Probability of Meeting Competencies in Grade 3 Numeracy (by sex)



Grade 7 Student Engagement

BGCW Overall GAM GPS Adjusted Model for Grade 7 Student Engagement

Predicted Probability of Being Established in Competencies in Grade 7 Student Engagement (by sex)



Social Outcomes

Involvement in the Justice System/Incidents

- Accused of a crime
- Witness to a crime
- Victim of a crime



Types of Incidents:

- Administrative (e.g., missing curfew)
- Auto theft
- Property damage/theft (e.g., break & enter)
- Violent (e.g., assault)



Justice System Involvement

Youth age 12-17, crude percent

	N	No Incident	Incident
Program Kids	6,638	87%	13%
Non-Program Kids	59,146	89%	11%

Hazard Ratio: 1.169 (1.073, 1.273)

→ Program kids had a significantly higher risk of getting involved with the justice system than non-program kids

But – once we modeled the outcome, we found that the higher the **NUMBER OF VISITS TO BGCW**, the lower the risk of a justice incident ($p < 0.0001$)



Justice System Involvement

Youth age 18-24, crude percent

	N	No Incident	Incident
Program Kids	3,306	77%	22%
Non-Program Kids	37,890	85%	15%

Hazard Ratio: 1.596 (1.478, 1.723)

With prior incident age 12-17	N	No Incident	Incident
Program Kids	2,520	39%	61%
Non-Program Kids	32,586	40%	60%

Hazard Ratio: 1.206 (1.109, 1.311)

But the higher the **NUMBER OF VISITS TO BGCW**, the lower the risk of a justice incident (p<0.0001)



Take Home Message

The BGCW are reaching the ‘right’ kids – the ones who have the greatest needs

The Clubs are making a difference – participation is associated with (some) better education outcomes, lower risk of justice system involvement, and lower risk of teen pregnancy and STIs

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Thanks for your Attention!

