

# 2024

## HEALTHY IN THE CITY BY THE NUMBERS

### Program Description

Healthy in the City is a one-year program that refers patients to a case manager who will provide education and resources through the health center. This program is designed to help participants make the behavioral changes needed to meet their health and wellness goals and promote healthy eating and active living.

In 2023, Healthy in the City program participants reported...

**8.7%** increase in exercise

**12.4%** increase in fruit consumption

**26.3%** decrease in screen time

**59%** of patients decreased or maintained their body mass index over one year



**15** years of Boston Children's Healthy in the City program

Boston Children's implements Healthy in the City in  
**10** community health centers

- Boston Community Pediatrics
- Bowdoin Street Health Center
- Brookside Community Health Center
- Charles River Community Health
- The Dimock Center
- East Boston Neighborhood Health Center (NeighborHealth)
- Mattapan Community Health Center
- South End Community Health Center (NeighborHealth)
- Southern Jamaica Plain Health Center
- Upham's Community Care

**28%** of pediatric patients at Healthy in the City health centers are overweight or obese

**98%** of program participants identify as people of color

**1,000** program participants annually

Childhood obesity is a health issue that is consistently identified by Boston Children's providers, patient families, and community partners as a concern.



Boston Children's Hospital