

# FELLOW REPORT

TARA PORCHIA WITH BOYS & GIRLS CLUBS OF PORTLAND

fall 2016

## PROJECT SUMMARY

Tara worked with Boys & Girls Clubs of Portland to help implement the Sqord initiative, a new youth fitness program. The goal of the project was to study the impact that a youth-focused wearable device has on a population of 3rd-5th grade participants' health at 5 Club sites. This would, in design, expand existing Healthy Lifestyles programming at the organization. Tara worked with various community partners and stakeholders to help implement the new initiative and ensure its longterm success.

## APPROACH

- Provided trainings and on-boarding for Club staff in relation to Sqord
- Helped staff recruit youth to participate in Sqord
- Researched best practices for keeping kids and families engaged and participating
- Acted as a liaison between BGCP and Sqord
- Delivered and track equipment dispersed to Clubs



## IMPACT

**213** youth reached in initial launch; 600 projected by year-end.

## FOCUS AREAS



Promoting Public Health



Advancing Skills for Success

“

... Clubs will be able to use [this] information to design health and fitness programs that are more inclusive, targeted, and most importantly, relevant to what kids prefer to be doing and when they prefer to do it.”

**TARA PORCHIA**  
*on program development*