

108TH CONGRESS
1ST SESSION

S. 1201

To promote healthy lifestyles and prevent unhealthy, risky behaviors among teenage youth.

IN THE SENATE OF THE UNITED STATES

JUNE 5, 2003

Mr. GRAHAM of South Carolina (for himself, Mr. DORGAN, Mr. BUNNING, Mr. DURBIN, Mr. ROBERTS, Mrs. MURRAY, Mr. SMITH, Ms. LANDRIEU, Mr. DEWINE, Mr. CORZINE, Mr. DASCHLE, and Mrs. LINCOLN) introduced the following bill; which was read twice and referred to the Committee on Health, Education, Labor, and Pensions

A BILL

To promote healthy lifestyles and prevent unhealthy, risky behaviors among teenage youth.

1 *Be it enacted by the Senate and House of Representa-*
2 *tives of the United States of America in Congress assembled,*

3 **SECTION 1. SHORT TITLE.**

4 This Act may be cited as the “YMCA Healthy Teen
5 Act”.

6 **SEC. 2. FINDINGS.**

7 Congress makes the following findings:

1 (1) Adolescence is an ideal time to promote
2 good physical health. Positive and negative behaviors
3 in adolescence tend to carry over into adulthood.

4 (2) Unfortunately, many American teenagers
5 exhibit behaviors that compromise their present and
6 future health.

7 (3) Many adolescents are not very active and
8 many do not have a healthy diet. Insufficient phys-
9 ical activity and poor nutrition play roles in obesity,
10 coronary heart disease, stroke, hypertension, type 2
11 diabetes and some cancers.

12 (4) Other health risk factors for teens include
13 tobacco use, drug and alcohol use, mental health
14 problems, and dangerous behaviors that lead to in-
15 jury and violence.

16 (5) It is clear that the health of our youth is
17 in danger.

18 (6) The YMCA movement—in its history,
19 strengths and commitments—is in a unique position
20 to tackle this public health problem.

21 (7) Research has shown that YMCA programs
22 have a powerful influence on adolescent behavior,
23 both protecting young people from many different
24 problem behaviors and promoting positive attitudes
25 and behaviors.

1 (8) Recognizing the unique obstacles faced by
2 teenagers, the YMCA has launched the Teen Action
3 Agenda, a nationwide campaign to dramatically ex-
4 pand programs that serve teens.

5 (9) In more than 1,900 YMCAs across the
6 United States in cities large and small, in neighbor-
7 hoods rich and poor, teen groups meet regularly and
8 engage one another in safe, wholesome, educational,
9 recreational and creative activities.

10 (10) YMCAs serve people of all faiths, races,
11 abilities, ages, and incomes.

12 (11) Approximately 400 YMCAs partner with
13 juvenile courts, 300 partner with public housing de-
14 velopments, 1,550 partner with elementary schools,
15 and 1,033 partner with high schools.

16 (12) The YMCA is especially committed to
17 reaching teens that are most at-risk for exhibiting
18 health-compromising behaviors.

19 **SEC. 3. DEFINITIONS.**

20 In this Act:

21 (1) LOCAL YMCA.—The term “local YMCA”
22 means one of the approximately 2,400 locally incor-
23 porated and governed YMCAs in the United States.

1 (2) TEEN AND TEENAGER.—The terms “teen”
2 and “teenager” mean any individual between the
3 ages of 11 and 19.

4 (3) SECRETARY.—The term “Secretary” means
5 the Secretary of Health and Human Services.

6 (4) YMCA OF THE USA.—The term “YMCA of
7 the USA” means the private, nonprofit, national
8 membership and service organization of approxi-
9 mately 2,400 local YMCAs.

10 **SEC. 4. GRANTS TO THE YMCA OF THE USA TO PROMOTE**
11 **HEALTHY LIVING AMONG TEENS.**

12 (a) PURPOSES.—Subject to the availability of appro-
13 priations, the Secretary shall award a grant to the YMCA
14 of the USA for the implementation of programs to pro-
15 mote healthy living among teenage youth.

16 (b) SUBGRANTS.—From amounts provided under a
17 grant awarded under subsection (a), the YMCA of the
18 USA shall award subgrants to a local YMCA, or a consor-
19 tium of local YMCAs, to be used for expenditures associ-
20 ated with programs carried out under this Act, including
21 the hiring of staff and other personnel, procurement of
22 goods, services and equipment, or such other purposes as
23 are approved by the Secretary.

24 **SEC. 5. USE OF FUNDS.**

25 (a) IN GENERAL.—

1 (1) PROGRAMS FOR AT-RISK TEENS.—Amounts
2 provided under a grant under this Act shall be used
3 by the YMCA of the USA to provide funding to
4 carry out YMCA programs that have a primary pur-
5 pose of serving teenage youth at-risk for exhibiting
6 health-compromising behaviors.

7 (2) PROGRAM REQUIREMENTS.—

8 (A) REQUIREMENT.—Each school- or com-
9 munity-based program for which assistance is
10 provided under this Act shall include—

11 (i) physical activity programs among
12 teenage youth; and

13 (ii) nutrition education programs
14 among teenage youth.

15 (B) OTHER PERMISSIBLE USES.—A school-
16 or community-based program for which assist-
17 ance is provided under this Act may also in-
18 clude strategies to reduce other health risks
19 among teenage youth, such as alcohol use, to-
20 bacco use, drug use, mental health problems,
21 and dangerous behaviors that lead to injury and
22 violence.

23 (b) FUNDING FOR MISCELLANEOUS ACTIVITIES.—
24 From amounts provided under a grant under this Act for
25 each fiscal year, the YMCA of the USA shall use—

1 (1) not less than 2 percent of such amounts for
2 research and evaluation of subgrants awarded under
3 this Act;

4 (2) not less than 5 percent of such amounts for
5 targeted health and wellness program development
6 initiatives focused on issues such as—

7 (A) youth and teens;

8 (B) minority populations;

9 (C) low-income populations; and

10 (D) school, hospital and community col-
11 laborations; and

12 (3) not more than 6 percent of such amounts
13 for the management and administration of the sub-
14 grants awarded under this Act.

15 **SEC. 6. APPLICATIONS FOR SUBGRANTS.**

16 (a) **ELIGIBILITY.**—To be eligible to receive a
17 subgrant under this Act, a local YMCA or consortium of
18 YMCAs shall submit an application to the YMCA of the
19 USA that shall include—

20 (1) a request for a subgrant to be used for the
21 purposes of this Act;

22 (2) a description of the population to be served
23 by the subgrant and information demonstrating that
24 this population is at-risk for exhibiting unhealthy liv-
25 ing;

1 (3) a description of the program to be expanded
2 or established under the subgrant;

3 (4) a description of the manner in which the
4 applicant shall coordinate with appropriate State
5 and local authorities, such as State and local school
6 departments, State departments of health, governors
7 councils for physical activity and good nutrition, and
8 State and local parks and recreation departments;

9 (5) a description of the manner in which the
10 applicant will evaluate the effectiveness of the pro-
11 gram carried out under the subgrant;

12 (6) information demonstrating that there are
13 non-Federal contributions (which may be in the form
14 of an in-kind contribution of goods or services) avail-
15 able to cover at least 50 percent of the total cost of
16 the project to be funded under the subgrant; and

17 (7) any additional statistical or financial infor-
18 mation that the YMCA of the USA may reasonably
19 require.

20 (b) CONSIDERATION OF SUBGRANTS.—In awarding
21 subgrants under this Act, the YMCA of the USA shall
22 consider—

23 (1) the ability of the applicant to provide the
24 intended services;

1 (2) the history and establishment of the appli-
2 cant in providing teen activities; and

3 (3) efforts to achieve an equitable geographic
4 distribution of subgrant awards.

5 **SEC. 7. REPORT.**

6 For each fiscal year for which a grant is awarded
7 under this Act, the YMCA of the USA shall submit to
8 the Secretary a report that details the progress of pro-
9 grams funded under this Act.

10 **SEC. 8. AUTHORIZATION OF APPROPRIATIONS.**

11 (a) IN GENERAL.—There are authorized to be appro-
12 priated to carry out this Act \$20,000,000 for each of fiscal
13 years 2004 through 2008.

14 (b) CONTINUED AVAILABILITY.—Amounts appro-
15 priated to carry out this Act shall remain available until
16 expended.

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