

2025

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 2024, Healthy in the City program participants reported...

27.5% increase in exercise

19.0% decrease in fast food consumption

25.4% decrease in sugar-sweetened beverages

67% of patients decreased or maintained their body mass index over one year



16 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
- Boston Children's at Martha Eliot Health Center
- Mattapan 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**

Office of
Community Health