

# 2016 GHGH SUMMIT

## “Discover Yourself”

Girls' Health in Girls' Hands (GHGH) hosted its fifth girl-led health, leadership, and advocacy summit on Saturday, November 19<sup>th</sup>, 2016. The theme, “Discover Yourself,” promotes girl empowerment and healthy emotional well-being through interactive girl-led activities. (GHGH 2016)

# 109

Girls attended from 17 schools across Monterey County!



# 95%

of girls said the Summit met their expectations!\*



**9 out of 10** girls said the workshop topics matched their interests.\*

# 95%

 of girls said they were excited about taking action!\*

GHGH youth leaders spoke with county representatives and had a panel discussion about social and emotional health resources at schools.

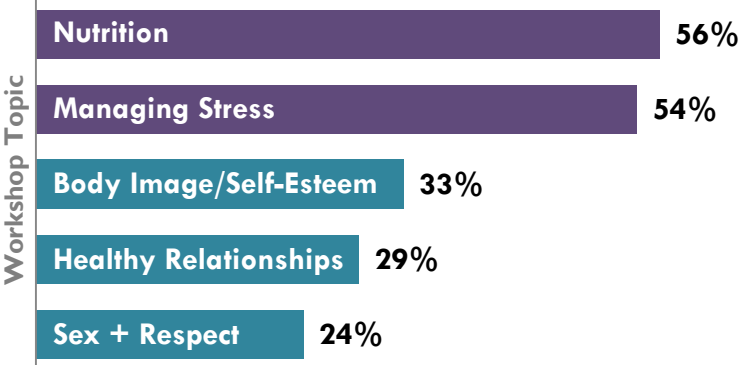
Learned helpful health information!\*

# 96%



\*Percentage of survey respondents who answered “mostly” or “totally.” Other response options were “not at all” or “not very.”

**Nutrition and Managing Stress Workshops were the most attended.**



**86%** Felt more connected to other girls!\*

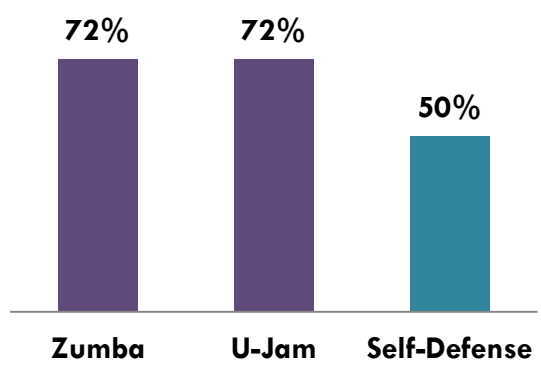
*“It was so fun! The workshops really touched me.”*

*“Girls, you set-up a phenomenal Summit!”*

*“It gave me an opportunity to meet new people.”*

*“Love this Summit, thanks for having it.”*

**Zumba and U-Jam were equally popular physical activities offered twice during the day.**



Learned more about girls’ health needs in Monterey County!\*

**84%**



GHH is a collaborative program of the Monterey County Health Department created by the Women’s Fund of the Community Foundation for Monterey County. For more information about GHH movement visit [www.gghmonterey.org](http://www.gghmonterey.org)

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