



90% OF A CHILD'S BRAIN DEVELOPS BEFORE KINDERGARTEN.

SAN CARLOS APACHE REGION

2017 IMPACT REPORT



THE FIRST FIVE YEARS

From birth to age 5, the brain develops faster than at any other time in life. And how a child's brain develops in these early years will have a lasting impact on their future.

Science has shown that children with positive, nurturing experiences in their early years go on to be healthier and more successful in school and in life. They're more ready for kindergarten. They're more likely to graduate from high school and go on to college. They're more prepared for a successful career and to be contributing members of their communities.



That's why Arizonans created First Things First – to support the development and learning of our youngest children. First Things First invests in proven programs and innovative strategies that:



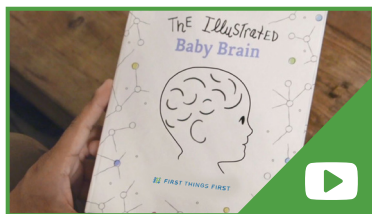
STRENGTHEN FAMILIES in their role as their child's first teacher.



IMPROVE THE QUALITY OF EARLY LEARNING in child care and preschool programs.



PROMOTE HEALTHY DEVELOPMENT to ensure that kids arrive at kindergarten ready to succeed.



WATCH OUR VIDEO

to learn more about early childhood brain development.

<http://www.firstthingsfirst.org/why-early-childhood-matters/the-first-five-years>

EARLY CHILDHOOD IN THE SAN CARLOS APACHE REGION

“The San Carlos Apache Regional Partnership Council has been strategic in meeting the needs of our San Carlos Apache children. After studying the needs of young children and families in our community, we implemented several strategies including Quality First, nutrition/obesity/physical activity, oral health, developmental and sensory screening and food boxes. We've also provided native language preservation and early literacy resources.

Among the many accomplishments of all our partners in 2017, United Way of Tucson and Southern Arizona with the University of Arizona Cooperative Extension San Carlos successfully ran the Grow It, Try It, Like It! and MyPlate programs as an opportunity for children and their caretakers to reconnect with how fresh produce is grown and how it can be eaten.”

Flora Talas
Chair, San Carlos Apache Regional Partnership Council

2017 SAN CARLOS APACHE REGION HIGHLIGHTS



STRENGTHENING FAMILIES AND EARLY LITERACY

618 Books distributed to homes for native language preservation.

467 Adult caregivers attended classes on the importance of nutrition and physical activity to the healthy development of young children.



QUALITY PRESCHOOL AND CHILD CARE

372 Children attended preschools and child care programs participating in Quality First.



PREVENTIVE HEALTH

178 Children received screenings to detect vision, hearing, and developmental issues to prevent learning challenges later on.

217 Fluoride varnishes applied to protect against childhood tooth decay.

1,078 Food boxes distributed to give young children access to nutritious meals.

GARDENING ENCOURAGES SAN CARLOS APACHE GIRL TO MAKE HEALTHY FOOD CHOICES AND STAY ACTIVE

Gardening became an adventure for young Kelsie Garland when she was introduced to it at Head Start in Bylas.

Kelsie was part of a garden program called Grow it, Try it, Like it!, a garden-themed nutrition education program where young children plant garden vegetables that they eventually harvest for meals.

The program is funded by the First Things First San Carlos Apache Region through its nutrition, obesity and physical activity strategy and is implemented by the University of Arizona's Gila County Cooperative Extension.

The children begin in winter by planting seeds, then transplanting the seeds into raised garden beds. They plant spinach, tomatoes, melons, squash, carrots, peppers and onions as well as learn about peaches, strawberries and sweet potatoes. By summer, they harvest the vegetables and start over again. Also included are nutrition lessons and taste testing the fruits and veggies.

"The gardening program has helped us learn to be more active outside and make healthier food choices as a family," said Andrea Mitchell, Kelsie's mom. "Now Kelsie is more aware of how making good choices such as fruits and vegetables impact her ability to run, jump, play and have energy."

Now in kindergarten, Kelsie and her family continue to enjoy being outside in the garden, as well as making healthy food choices. "Kelsie did not like onions before, but after talking to her about how good it was for her body, she tried it and said, 'Mom, I do like onions!'" Mitchell said. "Now we try to incorporate more fruits and vegetables into our daily diets."










**MORE LOCAL
STORIES**

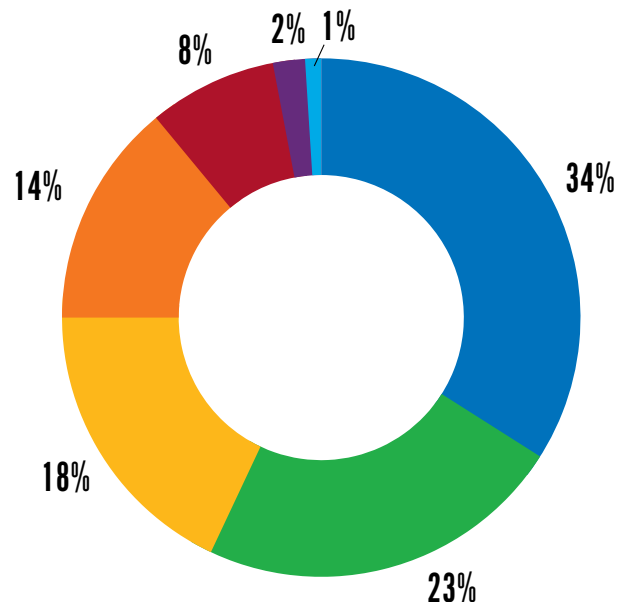
firstthingsfirst.org/regions/san-carlos-apache

FIRST THINGS FIRST SAN CARLOS APACHE REGIONAL PARTNERSHIP COUNCIL

The First Things First San Carlos Apache Regional Partnership Council is made up of volunteers who study the unique needs of the local community and decide how funds will be used to best support the development, education and health of young children birth to age 5. First Things First invests in proven programs and innovative strategies through grants to community organizations that provide services to children and families.

FY17 PROGRAM EXPENDITURES

	Preventive Health	\$265,568
	Strengthening Families	\$182,352
	Quality Child Care and Preschool	\$137,617
	Parent and Community Awareness	\$109,765
	Workforce Development and Training	\$59,297
	Research and Evaluation	\$15,391
	Coordinating Support	\$7,589
	TOTAL	\$777,578



COUNCIL MEMBERS

Flora Talas, *Chair*

Delphine Rodriguez, *Vice Chair*

Mary Bendle

Isaiah May

Teri Gallenstein

Nolita April Noline

Randee Kitcheyan

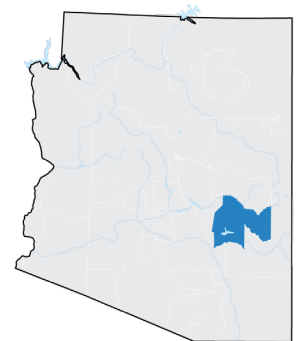
Elliott Talgo, Sr.

LaToya Beatty,
FTF Regional Director

lbeatty@firstthingsfirst.org

928.425.8172

The boundaries of the San Carlos Apache Region are defined to be those of the San Carlos Apache Indian Reservation. The region covers almost 3,000 square miles in east-central Arizona. Most of the region lies within Gila and Graham counties, although there is a small, uninhabited section in Pinal County. The reservation, which was established in 1871, is divided into four districts: Seven Mile Wash, Gilson Wash, Peridot and Bylas. The San Carlos Apache Region includes Legislative District 7. (Legislative districts are not necessarily congruent with regional boundaries.)



Learn more at: firstthingsfirst.org/regions/san-carlos-apache