Introduction
The prevalence of childhood obesity in the US has tripled in the past three decades, leading to comorbidities. Children need role models to set positive examples. The Boys and Girls Club of Charlestown, MA implemented Health360 policies to educate children about healthy habits.

Objective
To examine if the Health360 policies make an impact on children to develop healthy habits to reduce risk of obesity.

Methods
Qualitative study focused on the four Health360 policies: exercise, screen time, beverages, and food. Eight hands-on lessons were taught weekly for two months at The Boys and Girls Club after school program. An assessment survey was given at the start and end of the study. Participants were eight third and fourth grade Hispanic girls.

Results
The pre- and post-survey assessments revealed children had higher awareness of the Health360 policies after attending the lessons. It was observed that the more lessons attended, the more children engaged in learning about healthy habits.

Childhood obesity is a major health concern, which is exacerbated by a lack of positive examples for healthy habits. When children are exposed to the benefits of healthy lifestyles they are more likely to make changes. This could aid in reducing the risk of chronic disease.