Girls Inc. is dedicated to making a measurable difference in the lives of girls, and has developed the Girls Inc. Strong, Smart, and Bold Outcomes Survey to measure indicators of girl success in a network-wide survey each year. In 2023, over 6,300 girls ages 9 and up, across 63 affiliate organizations, participated. Selected results are below.

**GIRLS INC. GIRLS ARE STRONG, SMART & BOLD**

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**GIRLS INC. GIRLS LIVE HEALTHY & ACTIVE LIVES**

- **86%** of Girls Inc. girls exercise at least once a week
- **59%** of Girls Inc. girls ate breakfast the morning of the survey
- **62%** of Girls Inc. girls played on at least one sports team in the past year

**THEY MAKE HEALTHY LIFESTYLE CHOICES**

- **81%** of Girls Inc. girls ate at least one serving of fruit in the 24 hours prior to the survey
- **73%** of Girls Inc. girls ate at least one serving of vegetables in the 24 hours prior to the survey

**THEY ARE CONFIDENT AND VALUE THEIR FRIENDSHIPS**

- **61%** of Girls Inc. girls say they are happy with their bodies
- **70%** of girls said they would offer their support if a friend felt sad, stressed, or depressed.

**QUESTIONS?**

Join the conversation by contacting the Research and Evaluation Department: research@girlsinc.org