



Building Healthy Communities Youth Programing and Participants' Developmental Outcomes

Veronica Terriquez, Jiayi Xu, and Marlen Reyes

As part of the ten-year Building Healthy Communities (BHC) initiative, The California Endowment (TCE) has invested heavily in youth-serving organizations to improve community health and well-being. Serving young people in high-poverty neighborhoods, these organizations offer a range of programming that aims to enhance members' capacity to contribute to their communities and succeed and thrive as individuals. Notably, TCE's investments over the course of the 2010s resulted in many significant youth-led policy victories that improved health in the targeted communities and contributed to youth development. This report delves into BHC youth programs fostering healthy development. It compares developmental outcomes—specifically civic, educational, employment, and health outcomes—within two broad types of youth-serving organizations affiliated with the BHC initiative. The first type consists of youth organizing groups that focus on engaging young people in leading policy change and/or civic engagement campaigns. The second consists of youth leadership groups, which enable young people to have a voice in their communities and work toward common goals and interests but do not necessarily involve them in the various stages of policy change efforts. In this report, we examine developmental outcomes among a cohort of BHC organizing and leadership group BIPOC (Black Indigenous People of Color) members who were surveyed in 2014 as adolescents and then surveyed again in 2019 as young adults.

Our findings cover a period (2014–2019) during which the BHC initiative was undergoing transition and growth. We recognize that BHC youth programming was gradually strengthened after 2015, with groups becoming more interconnected, receiving additional technical assistance and training, and paying greater attention to their members' wellness. Indeed, our findings suggest that BHC programming resulted in some positive civic outcomes for youth of color, particularly those involved in youth organizing groups. However, we also identified areas for continued improvement. Most important, while BHC organizing and leadership group participation is associated with some positive educational and employment outcomes, the results are mixed or inconclusive for members of both types of groups when it comes to indicators of health and well-being.

In the pages that follow, we summarize our methodology. We then describe how the BIPOC adolescent BHC group members in our study fare in relation to comparable peers along civic, educational, employment, and health outcomes in early adulthood. Drawing on 2013-14 California Health Interview Survey (CHIS) data for our comparison group, our analysis examines BHC youth trajectories in relation to randomly selected groups of BIPOC youth who were involved in non-BHC civic groups, as well as to those who were not involved in any groups.



BHC Youth Organizing and Youth Leadership Groups Compared

Research has long demonstrated that youth participation in civic organizations can have positive implications for their development. However, the extent to which young people of color benefit from being involved in civic groups can vary depending on organizations' foci and programming. In our analyses, we divide BHC youth organizations into two types—“youth organizing groups” and “youth leadership groups”—while recognizing that there are significant variations within these two broad categories. Youth organizing groups tend to devote greater resources to developing young people's capacities to lead campaigns than do youth leadership groups, as evidenced from 2018–2019 surveys. Meanwhile, leadership groups may focus more resources on youths' individual needs. Nonetheless, according to 2016 surveys, members of both group types report benefiting (although sometimes in different ways) from their involvement. Notably, almost all of the youth involved in BHC youth organizing and leadership groups identify as people of color, with Latinx youth composing the majority of youth members. African-American and Asian-American (particularly Southeast Asian youth) are also well-represented.

Here we provide new evidence showing how high school-aged adolescent involvement in BHC groups corresponds with developmental outcomes in early adulthood. We leverage longitudinal survey data collected from BHC youth organizing and leadership program participants and a randomly selected sample of 13–17-year-olds who took part in the CHIS (California Health Interview Survey) in 2013–2014. CHIS respondents were divided into two groups. The first consists of young people who were involved in “other civic groups” that tend to orient young people toward public engagement and collaboration, such as community service groups, student government, and debate and drama clubs. Prior research has demonstrated that these publicly-oriented adolescent civic groups tend to foster political participation in young adulthood; such groups may also produce positive health outcomes. We therefore assess whether outcomes associated with BHC participation in adolescence differs from participation in other civic groups. We also look at outcomes for CHIS survey respondents who did not participate in such publicly oriented civic groups. We analyze their responses to questions about their civic engagement and attitudes, as well as their health. In comparing youths' outcomes by group membership, analyses adjust for socioeconomic background, gender, parental political engagement, and school enrollment in rigorous coursework (as measured by enrollment in honors and AP courses). Finally, we focus our analyses on people who identify as non-White. (See Appendix for sample descriptions).

¹ Terriquez, Veronica. 2017. *Building Healthy Communities Through Youth Leadership: The Comprehensive Outcomes of Youth Organizing*. Los Angeles: USC Program for Environmental and Regional Equity. Available at: http://dornsife.usc.edu/assets/sites/242/docs/BHC_YouthOrganizing_2pgr_August2017.pdf.

² McFarland, Daniel and Reuben Thomas. 2006. “Bowling Young: How Youth Voluntary Associations Influence Adult Political Participation.” *American Sociological Review* 71(3):401-25.

³ Ballard, Parissa J., Lindsay Hoyt, and Mark C. Pachucki. 2019. “Impacts of Adolescent and Young Adult Civic Engagement on Health and Socioeconomic Status in Adulthood.” *Child Development* 90(4):1138-54.

As there is no one ideal way to compare outcomes between our purposeful sample of BHC youth and the randomly selected sample of CHIS respondents, we employ two methods in order to make the most accurate assessment possible.⁴ First, we conduct multivariate regressions that account for key determinants of youth developmental outcomes, including their socioeconomic status, enrollment in advanced high school coursework, parental political engagement, gender, and age. Drawing on regression results, we use bar charts to illustrate estimated outcomes for the following four groups, each represented by a different bar color.

- BHC youth organizing members (yellow bars)
- BHC youth leadership group members (orange bars)
- Other civic group member, CHIS sample (blue bars)
- Non-members of civic groups, CHIS sample (gray bars)

We also use propensity score matching, a method used to compare random and non-random samples, to assess outcomes for BHC youth organizing and leadership members to CHIS civic group members and non-members. Our propensity score analysis includes the same control variables as those used in multivariate analysis. We layer propensity score matching results onto the graphics: a black border around the yellow or orange bars means that differences between outcomes for BHC groups and youth who were not part of a civic group (represented by gray bars) are statistically significant ($p. \leq .10$); a dotted bar indicates when differences between BHC group members and CHIS respondents who were involved in other civic groups (blue bars) are statistically significant ($p. \leq .10$). (When we state that results are statistically significant, it means that it is unlikely that differences are due to chance.)

We recognize that a better way to compare across groups is to conduct a controlled experiment where group membership is randomized. However, as we lack the data to run such an experiment, we have sought to account for how youths' personalities might affect selection into different types of civic groups. While we did find that personality traits might play a minor role in determining whether an adolescent joins a certain type of civic group, these personality characteristics did not affect the following civic, postsecondary education, employment, and health outcomes associated with adolescent civic participation.⁵

Civic Action & Attitudes

Participation in civic groups during adolescence can contribute to greater civic and political participation in early adulthood. This mostly appears to be the case for BHC youth participants as shown in Figure 1.⁶ When compared to similar young people who were not previously involved in high

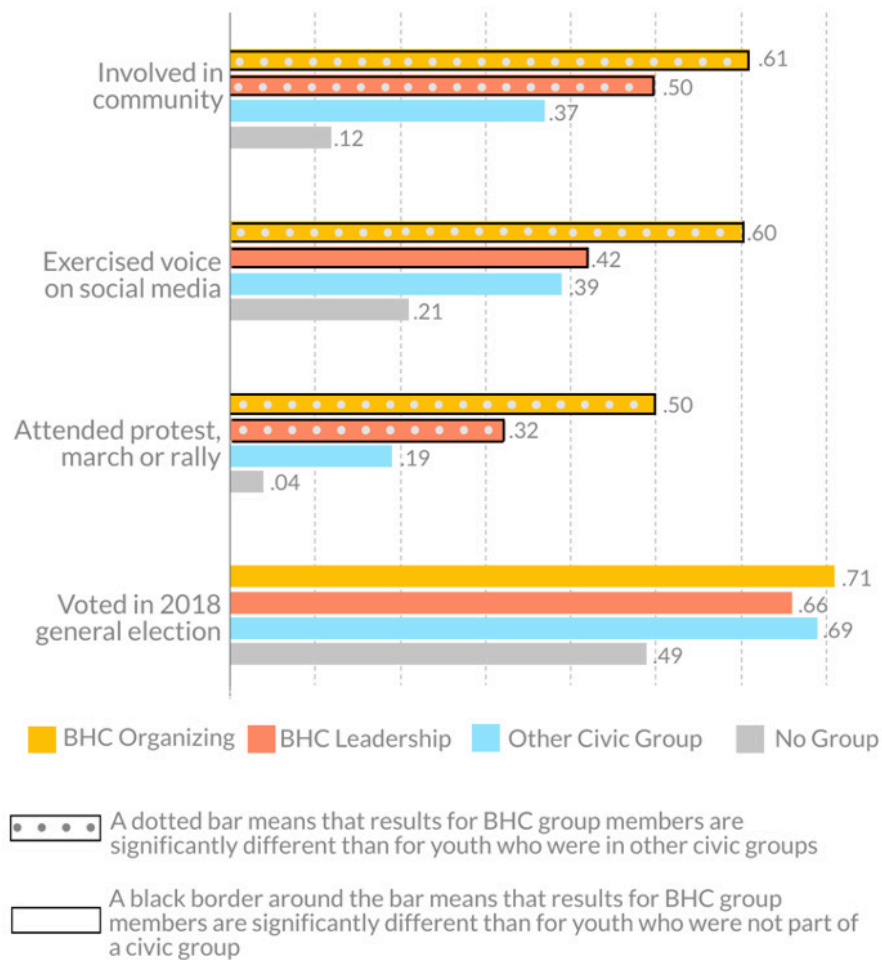
⁴ We compare the results of these two methods in Appendix B to Appendix G.

⁵ Research shows that five key personality traits—neuroticism, extroversion, agreeableness, conscientiousness, and openness—tend to remain consistent across the life course, and therefore can be a valid measure of selection into civic groups. Our findings suggest that overall, young people in the BHC sample tended to be less neurotic than those in the CHIS sample. Meanwhile, members of BHC youth organizing groups tended to be more outgoing than those who didn't join any groups, but they are as outgoing as CHIS respondents who joined other civic groups. At the same time, BHC youth leadership group members were as outgoing as CHIS respondents who joined either group. BHC youth organizing group members were also less conscientious than those in other civic groups.

⁶ Flanagan, Constance and Peter Levine. 2010. "Civic Engagement and the Transition to Adulthood." *The Future of Children* 20(1):159-79; McFarland, Daniel and Reuben Thomas. 2006. "Bowling Young: How Youth Voluntary Associations Influence Adult Political Participation." *American Sociological Review* 71(3):401-25.

school civic groups, those previously involved in BHC youth organizing groups and BHC leadership groups were somewhat more likely to participate in their community; share their perspectives on a social or political issue online or on social media; and attend a protest, march, or rally in early adulthood. While it appears that U.S. citizens who were former BHC youth organizing and leadership group members vote at higher rates than comparable peers who weren't involved in civic groups, we do not have enough statistical evidence to make such a case. It is worth noting that BHC groups did not invest heavily in voter education in 2014 when respondents were initially surveyed. However, given the increased focus on voter outreach since the 2016 election, we might expect later cohorts of BHC-affiliated youth to exhibit particularly high levels of voter engagement.

Figure 1. Civic Action in Early Adulthood by Prior Adolescent Group Membership: Predicted probabilities from logistic regression results (N=446)



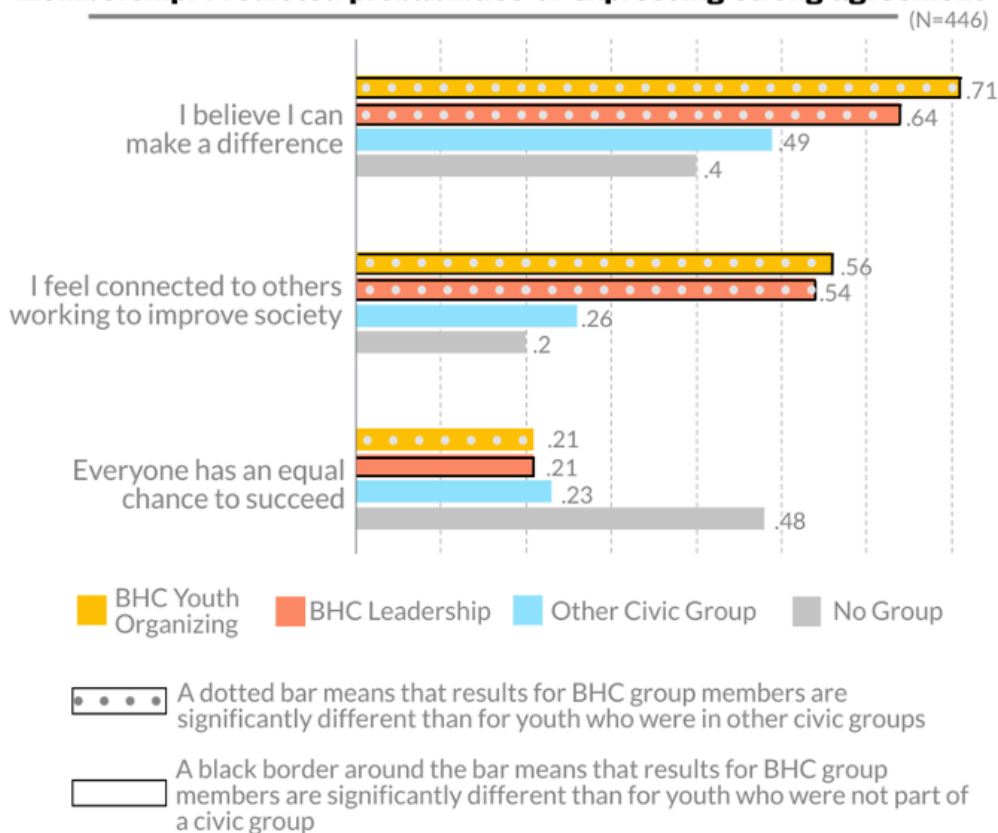
Source: Youth Leadership and Health Longitudinal Survey 2014, 2019

In comparing former BHC group members to young people who were involved in other civic groups (like student government and community service), we identify some key differences. Those previously involved in BHC youth organizing groups are more likely than other civic group members to be involved in their community; share their perspective on a social or political issue online or on social media; and attend a protest, march, or rally. Similarly, former BHC leadership group members are

more likely than comparable youth in other civic groups to be involved in their community and attend a protest, march, or rally. Overall, therefore, our findings suggest that former BHC youth group members remain civically engaged as young adults.

Adolescent civic groups might also reinforce their members' pre-existing political outlooks, and they can also shape their members' perceptions. Given this potential link between civic group membership and political perspectives, we compared the attitudes of young people by measuring to what extent they "strongly agreed" with various statements about political efficacy, community networks, and societal inequality. Our statistically significant survey results in Figure 2 indicate BHC-affiliated youth were more likely to feel empowered to make a difference and connected to others working to improve society than both members of other civic groups and youth who belonged to no groups. At the same time, BHC-affiliated youth appear to be less likely to believe that everyone has an equal chance to succeed when compared to non-member youth, while they are about as likely as members of other civic groups to share such a belief.⁷ Findings suggest that young adults who were previously involved in an adolescent civic group (including both BHC and non-BHC groups) are less likely than non-members to believe in the myth of meritocracy. As such, civic group membership may be associated with a heightened understanding that structural inequalities can limit success for some groups.

Figure 2. Civic Attitudes in Early Adulthood by Prior Adolescent Group Membership: Predicted probabilities of expressing strong agreement



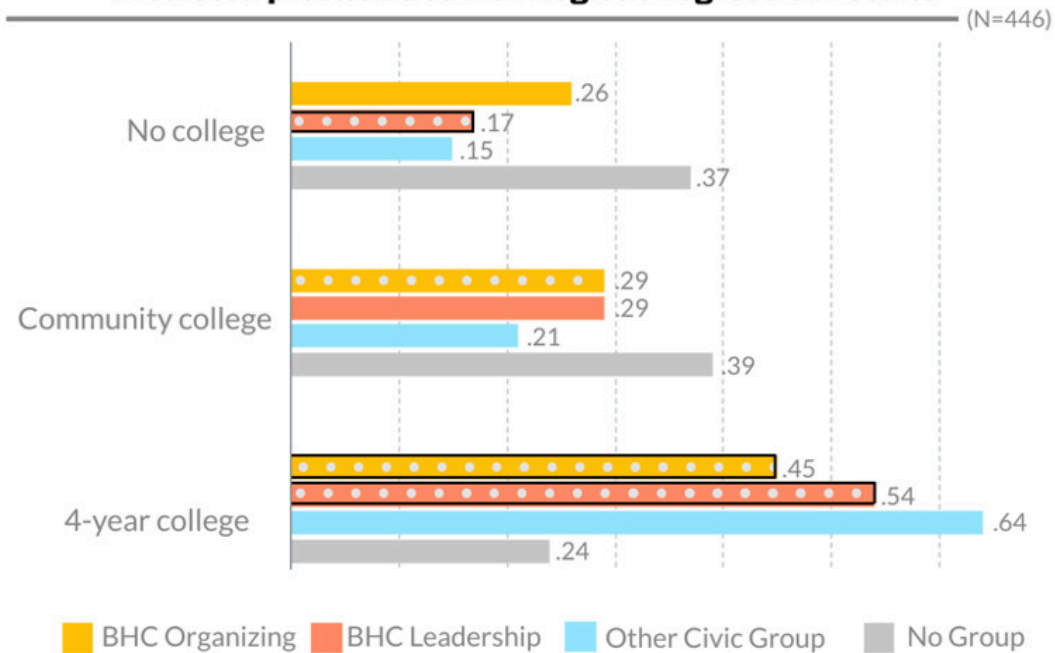
Source: Youth Leadership and Health Longitudinal Survey 2014, 2019

⁷ Results from logistic regressions and propensity score matching were not consistent. See Appendix C.

Postsecondary Educational Attainment

BHC-affiliated groups aim to support members' personal development and achievement. We therefore assessed whether group membership in adolescence was associated with postsecondary school enrollment in early adulthood. Our survey results in Figure 3 indicate that former members of BHC youth organizing and leadership groups are more likely to attend a four-year college than people who did not participate in civic groups. This is especially the case among those who participated in leadership groups. Meanwhile, findings indicate that former members of other civic groups are more likely to attend a four-year college (and less likely to attend community college) than former members of BHC youth organizing groups. Overall, our findings indicate that BHC groups, like other civic associations, function as pathways for four-year college enrollment among low-income, BIPOC youth.

Figure 3. College Enrollment by Prior Adolescent Group Membership: Predicted probabilities from logistic regression results



A dotted bar means that results for BHC group members are significantly different than for youth who were in other civic groups

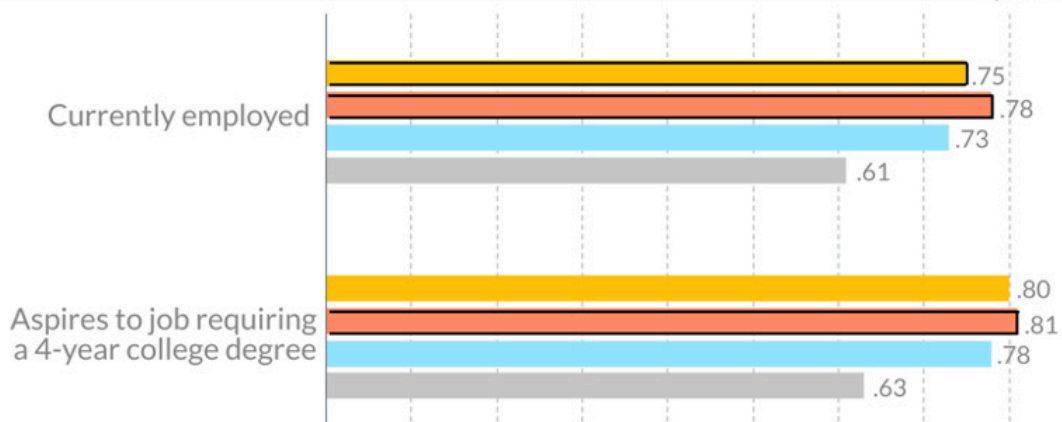
A black border around the bar means that results for BHC group members are significantly different than for youth who were not part of a civic group

Source: Youth Leadership and Health Longitudinal Survey 2014, 2019

Employment Outcomes

Civic groups can provide young people with networks and skills that are useful in the labor market. As such, civic group involvement appears to be associated with improved employment and career prospects for former adolescent members of BHC and non-BHC adolescent groups as shown in Figure 4. When compared to civic group non-members, BHC-affiliated youth are more likely to be employed in early adulthood. In addition, BHC youth are more likely than non-group members to aspire to a job that requires a four-year college degree (although results are only statistically significant for BHC leadership group members). This finding aligns with the above results indicating greater odds of four-year college enrollment among BHC-affiliated youth.

Figure 4. Employment Outcomes by Prior Adolescent Group Membership: Predicted probabilities from logistic regression results (N=446)



■ BHC Organizing
 ■ BHC Leadership
 ■ Other Civic Group
 ■ No Group

•••• A dotted bar means that results for BHC group members are significantly different than for youth who were in other civic groups

 A black border around the bar means that results for BHC group members are significantly different than for youth who were not part of a civic group

Source: Youth Leadership and Health Longitudinal Survey 2014, 2019

Health Indicators

Civic groups can facilitate the development of certain networks and behaviors that lead to improved health and well-being. However, our findings demonstrate both positive and negative links between adolescent BHC group membership and indicators of health and well-being, as shown in Figures 5 and 6. On the positive side, former adolescent members of BHC youth organizing groups are more likely to have health insurance in early adulthood when compared to peers in other civic groups as well as non-group youth. Additionally, BHC youth organizing members are more likely to participate in spiritual or cultural healing activities than individuals who were not involved in a group.

Meanwhile, members of BHC youth leadership groups evinced some better health outcomes relative to their peers involved in other civic groups. Leadership group members were more likely than peers in other civic groups to: report often feeling happy; average more time sleeping and exercising; and experience lower levels of emotional distress.

On the negative side, former members of BHC youth organizing groups were less likely to report often feeling happy when compared to young people who weren't involved in an adolescent civic group. Youth organizing group members were more likely to consume e-cigarettes, tobacco, and marijuana once they were young adults when compared to members of other civic groups. Additionally, when compared to their non-member peers, former youth organizing group members averaged less sleep and exercise, and they experienced higher levels of emotional distress. One explanation for these results is that former members of youth organizing groups are more likely to remain politically active; this activism, in turn, can add stress and limit the time they have available for other activities. Moreover, as these BHC youth organizing group members were participating in 2013, they did not participate in the self-care practices that became more commonplace after 2016. Because these practices were not ingrained in them, personal health and well-being may be less of a priority for this earlier cohort of youth organizers than for later cohorts.

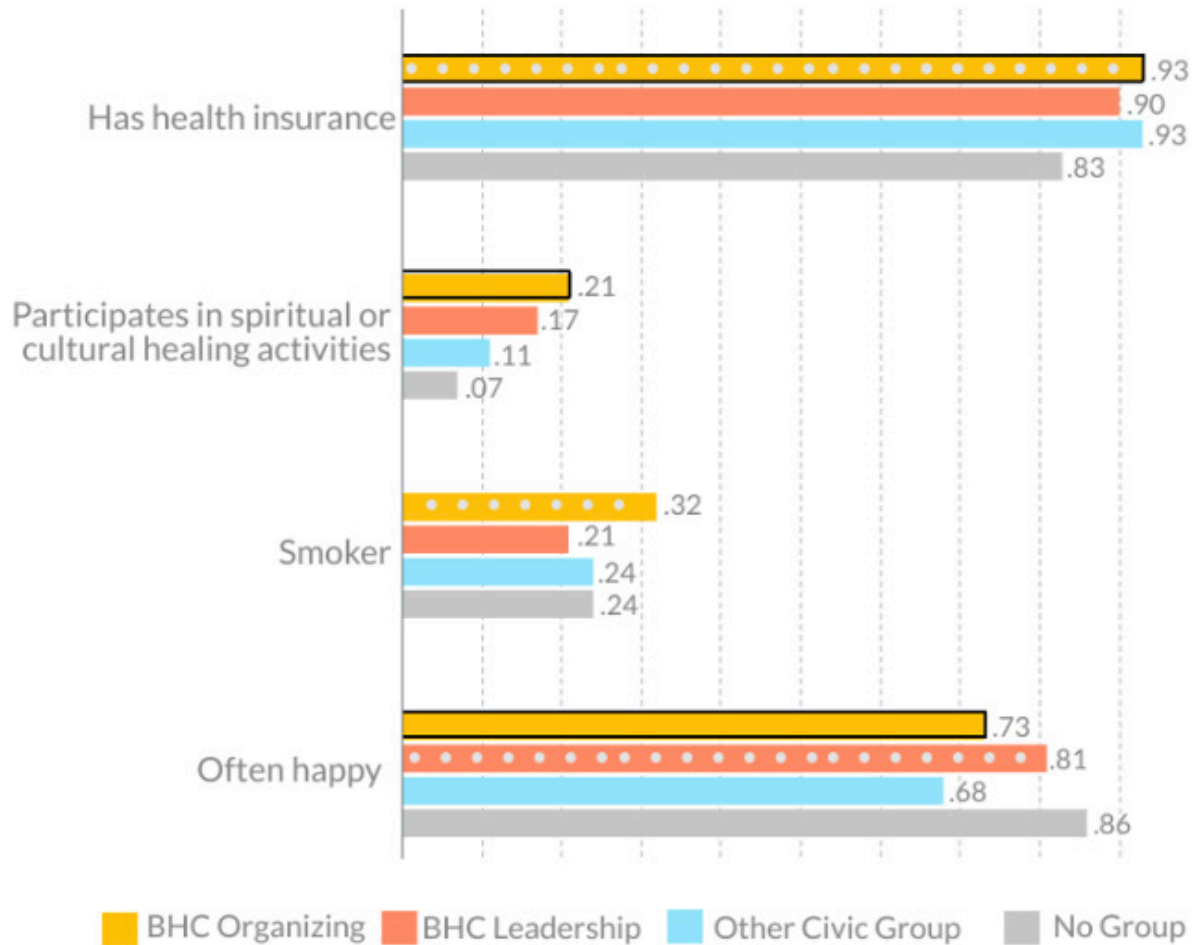
Our findings show no statistically significant correlation between adolescent group membership and drinking sodas or other sugary drinks as young adults. Throughout this section, we have highlighted differences between and among BHC and non-BHC-affiliated youth. A separate report highlights best practices in leadership development in BHC and other TCE-supported groups.⁸

Higher education facilitates health outcomes. And given that BHC involvement is correlated with four-year college enrollment, it is possible that BHC involvement may have indirect effects on members' future health outcomes.

⁸ Terriquez, Veronica. 2021. *Transformative Youth Leadership Development as a Key Strategy for Building Power*. Los Angeles: USC Equity Research Institute.

Figure 5. Health Indicators in Early Adulthood by Prior Adolescent Group Membership: Predicted probabilities from logistic regression results

(N=446)



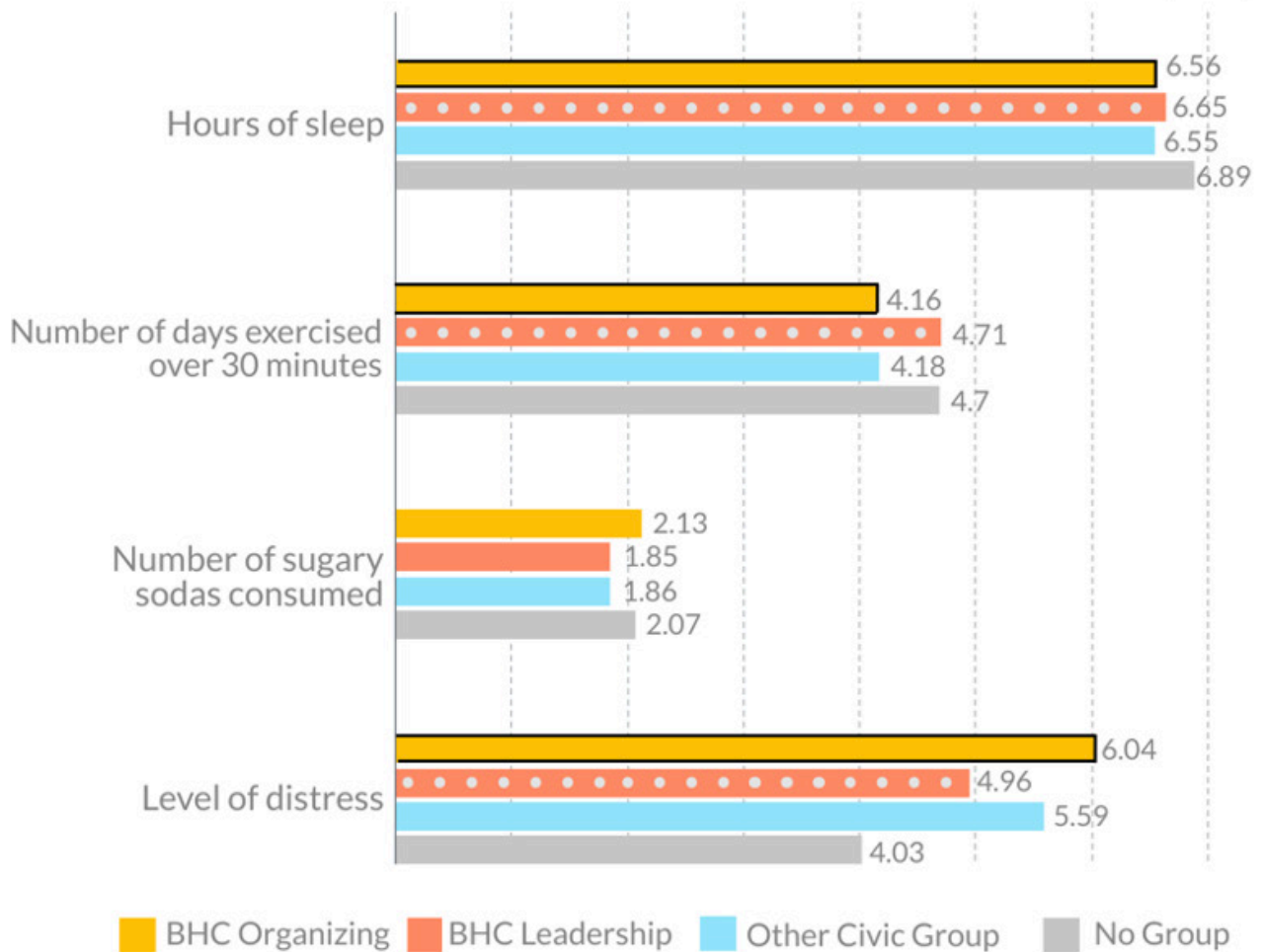
 A dotted bar means that results for BHC group members are significantly different than for youth who were in other civic groups

 A black border around the bar means that results for BHC group members are significantly different than for youth who were not part of a civic group

Source: Youth Leadership and Health Longitudinal Survey 2014, 2019

Figure 6. Health Behaviors in Early Adulthood by Prior Adolescent Group Membership: Estimated Averages from OLS regression results

(N=446)



 A dotted bar means that results for BHC group members are significantly different than for youth who were in other civic groups

 A black border around the bar means that results for BHC group members are significantly different than for youth who were not part of a civic group

Source: Youth Leadership and Health Longitudinal Survey 2014, 2019

Conclusion

In the BHC youth organizing and leadership programs, young BIPOC learned about and began to address health issues that impacted their lives. The cohort of BHC-affiliated, high school-aged adolescents who were surveyed for this study in 2014 contributed to some important initiatives that helped raise awareness of health disparities and, in some cases, set in motion important policy changes. As this study suggests, BHC-affiliated youth also experienced positive developmental outcomes, which can, in part, be attributable to the guidance and support they received as adolescents documented elsewhere.⁹

Findings from this longitudinal study indicate BHC involvement during adolescence corresponds with high rates of civic participation in early adulthood; this was especially the case when young people were previously a part of youth organizing groups that engaged members in collectively working toward policy change. Compared to similar peers, these former members of both BHC leadership and organizing groups felt like they could make a difference and remained connected to others engaged in community affairs. Additionally, our study shows that BHC involvement during adolescence was also associated with increased four-year college enrollment and promising employment outcomes.

Health outcomes are mixed, with youth involved in leadership groups reporting better health outcomes than those in youth organizing groups. It appears that alumni members of BHC youth organizing groups may experience greater levels of emotional distress and spend less time attending to their health needs than comparable peers who weren't connected to BHC. At the same time, former members of youth organizing groups are particularly likely to be involved in healing and self-care activities, either because of their health-related needs and/or because some activist networks (including those connected to BHC) have increasingly shared healing and self-care practices. As noted above, it is possible that in the future, BHC affiliated youth may exhibit comparatively good health outcomes. Their high rates of four-year college enrollment may enable them to access information and resources that lead to good health outcomes.

As documented elsewhere, BHC-affiliated youth organizations have increasingly incorporated culturally informed healing and self-care practices into their regular programming in the latter half of the 2010s. Given this attention to healing and self-care, we might expect that more recent cohorts have acquired a better understanding of how to attend to their personal and collective well-being, particularly within the context of racial unrest and a deadly pandemic. This study, unfortunately, does not account for how recent investments in healing have shaped the development of recent BHC program participants. Nonetheless, the research findings highlighted here do underscore the need for health and well-being to be incorporated into youth organizing programming, given the distress and time constraints experienced by young people receiving formative training to engage in political change efforts. Comprehensive youth programming has the potential not only to prepare members to become civic leaders but also to help them achieve their personal goals and lead healthy lives.

⁹ Terriquez, 2017.

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Appendix A. Descriptive Statistics by Group Membership

Variable	BHC Organizing		BHC Leadership		Other Civic Group		No Group	
	Mean	Std. Dev.	Mean	Std. Dev.	Mean	Std. Dev.	Mean	Std. Dev.
<i>Background characteristics</i>								
Age	20.446	1.229	20.712	1.362	20.627	1.233	20.535	1.155
Male	0.309	0.464	0.365	0.486	0.414	0.494	0.581	0.496
Race: Black	0.079	0.271	0.212	0.412	0.095	0.294	0.093	0.292
Race: API	0.158	0.366	0.058	0.235	0.207	0.406	0.105	0.308
Race: Latino	0.734	0.444	0.712	0.457	0.686	0.465	0.791	0.409
Race: Other	0.029	0.168	0.019	0.139	0.012	0.108	0.012	0.108
GPA	5.288	1.270	5.000	1.442	5.574	1.148	5.000	1.346
Enrolled in advanced high school coursework	0.791	0.408	0.769	0.425	0.787	0.411	0.523	0.502
Qualified for free or reduced cost lunch in high school	0.928	0.259	0.981	0.139	0.592	0.493	0.802	0.401
Politically engaged parent	0.129	0.337	0.173	0.382	0.320	0.468	0.198	0.401
Parent with BA	0.108	0.311	0.173	0.382	0.450	0.499	0.256	0.439
<i>Civic outcomes</i>								
Voted in 2018 Election	0.701	0.46	0.653	0.481	0.681	0.467	0.487	0.503
Involved in community	0.612	0.489	0.500	0.505	0.373	0.485	0.128	0.336
Exercised voice on social media	0.597	0.492	0.423	0.499	0.396	0.491	0.221	0.417
Attended protest, march, or rally	0.496	0.502	0.327	0.474	0.207	0.406	0.047	0.212
I care deeply about community health issues	0.849	0.359	0.846	0.364	0.805	0.398	0.698	0.462
I believe I can make a difference	0.705	0.458	0.635	0.486	0.491	0.501	0.407	0.494

I feel connected to others working to improve society	0.561	0.498	0.538	0.503	0.260	0.440	0.198	0.401
Everyone has an equal chance to succeed	0.237	0.427	0.231	0.425	0.266	0.443	0.477	0.502
Health outcomes								
Often happy	0.734	0.444	0.808	0.398	0.680	0.468	0.860	0.349
Has Health Insurance	0.921	0.271	0.885	0.323	0.911	0.285	0.802	0.401
Smoker	0.324	0.470	0.212	0.412	0.243	0.430	0.244	0.432
Participates in healing activities	0.209	0.408	0.173	0.382	0.118	0.324	0.070	0.256
Mental Illness	0.095	0.294	0.077	0.269	0.071	0.258	0.058	0.235
Number of days exercised 30 minutes+	4.158	1.874	4.712	1.719	4.185	1.833	4.698	2.035
Hours of sleep	6.558	1.313	6.654	1.37	6.550	1.239	6.893	1.497
Number of sugary sodas consumed	2.134	3.717	1.846	2.253	1.856	3.421	2.071	3.025
Level of Distress	6.041	4.230	4.962	4.347	5.587	4.245	4.028	4.050
Educational outcomes								
No College	0.259	0.44	0.173	0.382	0.172	0.378	0.349	0.479
Community College	0.281	0.451	0.288	0.457	0.213	0.411	0.360	0.483
Four-Year College	0.460	0.500	0.538	0.503	0.615	0.488	0.291	0.457
Employment outcomes								
Currently Employed	0.741	0.440	0.769	0.425	0.722	0.449	0.605	0.492
Jobs with College Degree Requirement	0.792	0.407	0.804	0.401	0.775	0.419	0.632	0.486
Sample size	139	139	52	52	169	169	86	86

Appendix B: Civic Action in Early Adulthood by Prior Adolescent Group Membership: Estimated Group Differences from Propensity Score Matching

	Involved in community	Exercised voice on social media	Attended protest, march, or rally	Voted in 2018 general election
BHC Organizing vs. No Group	0.52***	0.23**	0.44***	0.11
	(0.05)	(0.08)	(0.06)	(0.08)
Observations	225	225	225	207
BHC Leadership vs. No Group	0.43***	0.20*	0.33***	0.15
	(0.09)	(0.10)	(0.09)	(0.11)
Observations	138	138	138	129
BHC Organizing vs. Other Civic Group	0.30***	0.24***	0.35***	0.07
	(0.08)	(0.07)	(0.07)	(0.05)
Observations	308	308	308	287
BHC Leadership vs. Other Civic Group	0.28**	0.18	0.35***	0.08
	(0.11)	(0.11)	(0.08)	(0.07)
Observations	221	221	221	209
BHC Organizing vs. BHC Leadership	0.12	0.16	0.17+	0.03
	(0.09)	(0.10)	(0.10)	(0.08)
Observations	191	191	191	176

Notes: 1) *** p<0.001, ** p<0.01, * p<0.05, + p<0.1

2) Red text indicates the results are significant for both logistic regressions and propensity score matching. Green text indicate the results are significant only for multivariate regressions.

Appendix C: Differences in Civic Attitudes in Early Adulthood between Prior Adolescent Group Membership: Estimated Group Differences from Propensity Score Matching

	Involved in community	Exercised voice on social media	Attended protest, march, or rally	Voted in 2018 general election
BHC Organizing vs. No Group	0.52***	0.23**	0.44***	0.11
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Notes: 1) *** p<0.001, ** p<0.01, * p<0.05, + p<0.1

2) Red text indicates the results are significant for both logistic regressions and propensity score matching. Green text indicate the results are significant only for multivariate regressions.

Appendix D: College Enrollment by Prior Adolescent Group Membership: Estimated Group Differences from Propensity Score Matching

	No college	Community college	4-Year college
BHC Organizing vs. No Group	-0.11	-0.09	0.19*
	(0.07)	(0.09)	(0.08)
Observations	225	225	225
BHC Leadership vs. No Group	-0.22**	-0.07	0.30***
	(0.09)	(0.11)	(0.08)
Observations	138	138	138
BHC Organizing vs. Other Civic Group	0.04	0.11+	-0.15*
	(0.06)	(0.06)	(0.07)
Observations	308	308	308
BHC Leadership vs. Other Civic Group	-0.10*	-0.06	0.17**
	(0.05)	(0.06)	(0.06)
Observations	221	221	221
BHC Organizing vs. BHC Leadership	0.16**	0.07	-0.23**
	(0.06)	(0.08)	(0.07)
Observations	191	191	191

Notes: 1) *** p<0.001, ** p<0.01, * p<0.05, + p<0.1

2) Red text indicates the results are significant for both logistic regressions and propensity score matching. Green text indicates the results are significant only for multivariate regressions. Blue labels indicate the results are significant only for propensity score matching.

Appendix E: Employment Outcomes by Prior Adolescent Group Membership: Estimated Group Differences from Propensity Score Matching

	Currently employed	Aspires to job requiring a 4-year college degree
BHC Organizing vs. No Group	0.18*	0.09
	(0.07)	(0.08)
Observations	225	206
BHC Leadership vs. No Group	0.17*	0.21+
	(0.08)	(0.11)
Observations	138	127
BHC Organizing vs. Other Civic Group	0.05	-0.00
	(0.06)	(0.06)
Observations	308	290
BHC Leadership vs. Other Civic Group	0.11	0.06
	(0.10)	(0.06)
Observations	221	211
BHC Organizing vs. BHC Leadership	-0.05	0.01
	(0.07)	(0.08)
Observations	191	181

Notes: 1) *** p<0.001, ** p<0.01, * p<0.05, + p<0.1

2) Red text indicates the results are significant for both logistic regressions and propensity score matching. Green text indicates the results are significant only for multivariate regressions.

Appendix F: Health Indicators by Prior Adolescent Group Membership: Estimated Group Differences from Propensity Score Matching

	Has health insurance	Participates in spiritual or cultural healing activities	Smoker	Often happy
BHC Organizing vs. No Group	0.16**	0.12*	0.08	-0.15*
	(0.06)	(0.05)	(0.07)	(0.06)
Observations	225	225	225	225
BHC Leadership vs. No Group	0.07	0.08	-0.04	-0.06
	(0.07)	(0.06)	(0.08)	(0.10)
Observations	138	138	138	138
BHC Organizing vs. Other Civic Group	0.06+	0.10	0.12*	0.06
	(0.03)	(0.06)	(0.06)	(0.05)
Observations	308	308	308	308
BHC Leadership vs. Other Civic Group	0.00	-0.00	-0.10	0.20***
	(0.04)	(0.05)	(0.11)	(0.05)
Observations	221	221	221	221
BHC Organizing vs. BHC Leadership	0.10	0.04	0.13	-0.08
	(0.06)	(0.07)	(0.08)	(0.08)
Observations	191	191	191	191

Notes: 1) *** p<0.001, ** p<0.01, * p<0.05, + p<0.1

2) Red text indicates the results are significant for both logistic regressions and propensity score matching. Green text indicates the results are significant only for multivariate regressions. Blue labels indicate the results are significant only for propensity score matching.

Appendix F: Health Behavior by Prior Adolescent Group Membership: Estimated Group Differences from Propensity Score Matching

	Hours of sleep	Number of days exercised 30 minutes+	Number of sugary sodas consumed	Level of distress
BHC Organizing vs. No Group	-0.47*	-0.54*	0.51	1.91**
	(0.23)	(0.27)	(0.60)	(0.64)
Observations	222	225	225	223
BHC Leadership vs. No Group	-0.04	0.37	-0.05	0.69
	(0.30)	(0.34)	(0.77)	(0.67)
Observations	136	138	138	138
BHC Organizing vs. Other Civic Group	0.07	-0.33	0.56	0.55
	(0.16)	(0.21)	(0.58)	(0.56)
Observations	307	307	308	306
BHC Leadership vs. Other Civic Group	0.63**	1.28***	-0.67	-1.52**
	(0.21)	(0.24)	(0.50)	(0.55)
Observations	221	220	221	221
BHC Organizing vs. BHC Leadership	-0.05	-0.55+	0.49	0.69
	(0.23)	(0.32)	(0.50)	(0.67)
Observations	190	191	191	189

Notes: 1) *** p<0.001, ** p<0.01, * p<0.05, + p<0.1

2) Red text indicates the results are significant for both logistic regressions and propensity score matching. Green text indicates the results are significant only for multivariate regressions. Blue labels indicate the results are significant only for propensity score matching.