

**Reasons Why You Should Donate to Children's Health Charities**

**“Year-end giving” is a term that refers to donations and charitable contributions that are made toward the end of the year—usually in the month of December. Year-end giving is incredibly important for charities and nonprofit organizations because it accounts for a large part of their annual funds, allowing them to continue their crucial work. In fact, giving that occurs at the end of the year makes up over**[**30% of all yearly donations**](https://get.tithe.ly/blog/end-of-year-giving-stats)**. Furthermore,**[**12% of all donations**](https://blog.winspireme.com/must-share-stats-on-year-end-giving-infographic)**in a year come during the final three days of December.**

**Some of the charities that rely most on donations to continue changing the world are children’s health charities. In this article, we’ll focus on some of the top reasons why you should make a year-end donation to these essential organizations.**

#### **Reasons Why You Should Donate to Children’s Health Charities at the End of the Year**

**Children's health charities provide many important benefits for the children they support. Here are some of the top reasons you should help them continue their work this year:**

* [**Prevent Childhood Obesity**](https://phitamerica.org/benefits/the-miracle-drug/1-reduces-childhood-obesity/)**- Charities that focus on children’s health help to reduce childhood obesity by getting kids active and teaching them about proper nutrition. Childhood obesity is a major issue in the United States, with over**[**14 million kids**](https://www.cdc.gov/obesity/data/childhood.html)**between the ages of 2 and 19 suffering from childhood obesity—that’s 1 out of every 5 kids in that age range. Supporting charities that aim to get kids healthier will assist in preventing childhood obesity, which is easier than trying to cure it later on in life.**
* [**Reduce Healthcare Costs**](https://phitamerica.org/benefits/the-miracle-drug/10-reduces-healthcare-costs/)**- Donating to children’s health charities helps fund their work with children, ultimately resulting in reduced healthcare costs. When kids are more physically active, their bodies are healthier, stronger, and able to recover better. This results in fewer injuries, illnesses, and diseases, meaning fewer trips to the doctor, less medication, and reduced overall healthcare costs.**
* [**Reduce the Risk of Disease**](https://phitamerica.org/benefits/the-miracle-drug/3-reduces-diabetes-cancer-more/)**- When you donate to a children’s health charity, you also help to reduce the risk of disease for children. Just like preventing childhood obesity, physical exercise helps to reduce the risk of children developing diseases like diabetes, cancer, heart disease, and more. This activity also**[**boosts the immune system**](https://phitamerica.org/news-blogs/blog/how-does-exercise-boost-your-immune-system/)**, allowing children’s bodies to better fight off illnesses and other infections.**
* [**Improve School Performance**](https://phitamerica.org/benefits/the-miracle-drug/2-improves-academic-performance/)**- Supporting children’s health charities also leads to improved school performance for kids. There are**[**many research studies**](https://phitamerica.org/benefits/the-miracle-drug/2-improves-academic-performance/)**that show a direct correlation between improved physical fitness and improved academic results. So, giving to charities that focus on children’s health not only helps kids get physically healthy but also helps them become mentally healthier, too.**

**These are only a few of the many reasons why supporting children’s health charities is so critical. If you’re looking to help get kids active and healthy, consider**[**donating to our cause**](https://phitamerica.org/donate/)**at PHIT America today!**

**We believe that physical activity is a**[**Miracle Drug**](https://phitamerica.org/benefits/the-miracle-drug/)**for kids that offers many benefits. We aim to improve the physical and mental health of children all across the United States by providing kids with increased physical activity programs, like our**[**AMPED programs**](https://phitamerica.org/key-programs/amped/)**; getting physical education back in schools; and helping children afford to play organized sports.**[**Sign our petition for healthy kids**](https://phitamerica.org/key-programs/petition-require-physical-activity-30-minutes-3-times-a-week/)**, or visit our website to find out**[**how you can get involved**](https://phitamerica.org/)**and bring an AMPED program to a school near you! Don’t forget to**[**donate**](https://phitamerica.org/donate/)**to help us continue getting kids active and healthy!**