



BUILDING HEALTHY COMMUNITIES

Engaging Middle Schools through Project Healthy Schools

2004-2019



UNIVERSITY OF MICHIGAN

Project Healthy Schools (PHS) is a school-based health promotion program designed to reduce childhood obesity and improve the present and future health of youth.

86
communities

75,000
students

128
schools

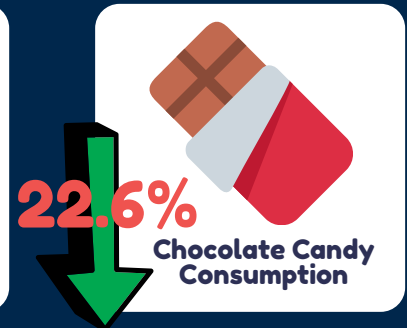
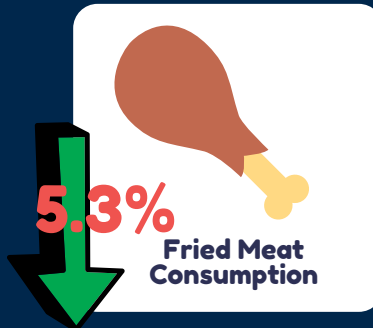
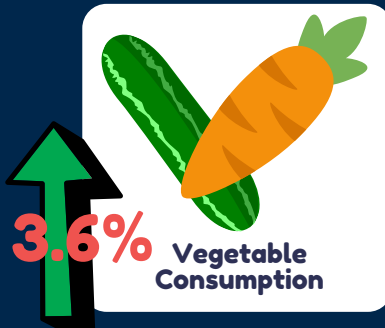
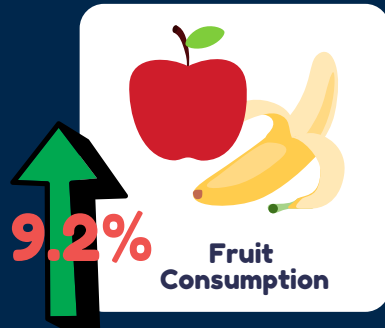
Poor nutrition costs the U.S. \$33 billion annually*

Improved physiological measures were sustained for **4 years** of follow-up in PHS students**

Inactive adults spend \$1,437 more yearly on medical costs***

Following the Project Healthy Schools intervention, significant improvements were seen in students':

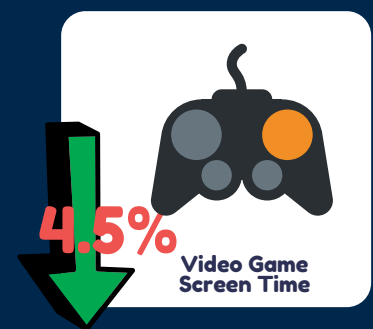
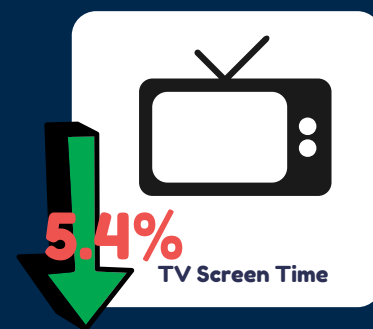
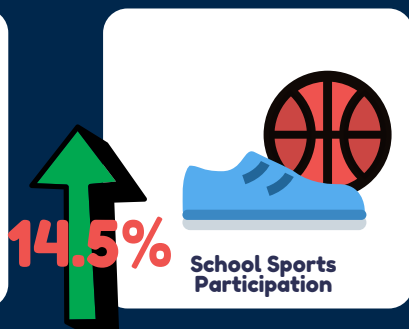
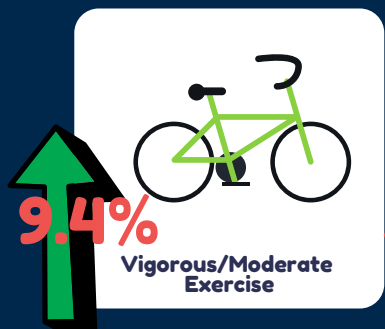
DIETARY HABITS



PHYSICAL ACTIVITY AND SCREEN TIME



MORE physical activity per week, on average



Data collected from **25,171** students

*Heart disease and stroke statistics- 2016 update. A report from the American Heart Association. DOI: 10.1161/CIR.0000000000000350, p 97.
**Corriveau N et al. (2015). Sustained benefit over four-year follow-up of Michigan's Project Healthy Schools. Am J Public Health. e19-e25.
***Carlson S et al. (2015). Inadequate physical activity and health care expenditures in the United States. Progress in Cardiovascular Diseases, 315-323.