



Project Healthy Schools

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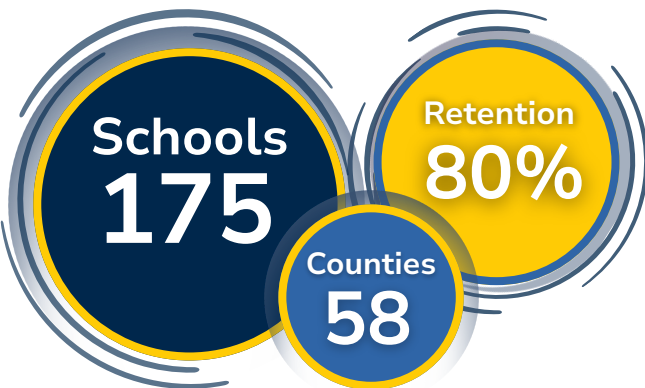
ABOUT PHS

Project Healthy Schools (PHS) is a middle-school based health education program designed to improve the current and future health of Michigan's youth. Participants make significant improvements in health behaviors and health risk factors. This evidence-based program encourages healthy habits through education, environmental change, and measurement. PHS curriculum and resources focus on developing healthy habits through our three goals: 1) Consume a variety of healthy foods and beverages, 2) Be physically active every day, and 3) Engage in healthy behaviors to reduce the risk of cardiovascular disease.

HOW TO SUPPORT

Your support of Project Healthy Schools (PHS) helps middle school students across Michigan build lifelong habits for better nutrition, physical activity, and heart health. For over two decades, PHS has empowered students in more than 175 schools to make healthier choices through education and school-wide change. Your partnership or tax-deductible gift enables us to expand to new schools—especially in high-need areas—and sustain our wellness initiatives and school support. Together, we can improve the health of future generations to come. Learn more about ways you can support PHS at <https://projecthealthyschools.org/donate>.

**Growing Project Healthy Schools
across Michigan for over 20 years!**



PHS 3 GOALS

- 1**
Consume a variety of healthy foods and beverages
- 2**
Be physically active every day
- 3**
Engage in healthy behaviors to reduce the risk of cardiovascular disease



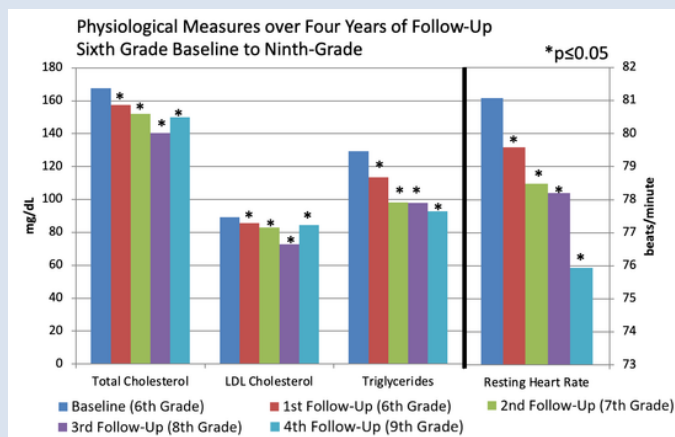
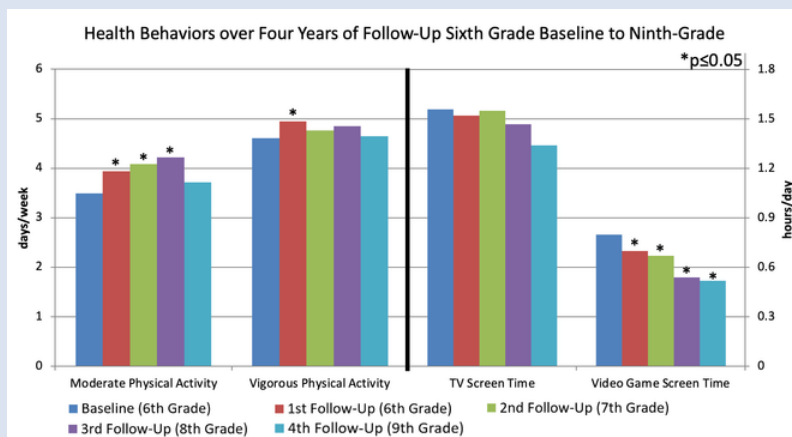
1000 Victors Way
MHealthy - Project Healthy Schools
Ann Arbor, MI 48108



projecthealthyschools@umich.edu
 projecthealthyschools.org
 +1 734 764 0246

Measuring Our Success

PHS partners with MCORRP for all evaluation and research. Our lead researcher at MCORRP, Rachel Krallman, reports: "Data collected through Project Healthy Schools has shown improvements in both physiological parameters and health behaviors up to four years after the program."



187,500



Students have participated in Project Healthy Schools

Project Healthy Schools Leadership



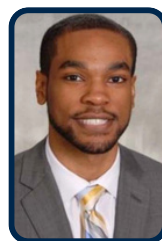
Kim Eagle, M.D., Albion Walter Hewlett Professor of Internal Medicine and director of the Frankel Cardiovascular Center at Michigan Medicine.

We decided early on with Project Healthy Schools that middle school would be the target age group for this program. We spoke with some sociologists and others about when we should target these kids, and we decided that the moment when they break from grade school and move into the middle school, when they're beginning to adopt both adult physicality and adult behaviors would be the right time. We have been measuring the benefits of Project Healthy Schools from the very beginning through physical data and health behavior questionnaires given to students who receive the PHS lessons. Through these reports, we have seen consistent, positive modifications in student behaviors. Studies have clearly shown that students who have healthier nutrition and more physical

activity perform better in the classroom. They are establishing behaviors now that may last their lifetime. We want to help these kids be the most successful kids they can be, and I'm very proud that the University of Michigan has been such a big force in helping us make this happen.

5 Steps to School Wellness

Project Healthy Schools staff work with schools through a five-step process to improve wellness: forming a wellness team, assessing needs, planning, implementing hands-on lessons and programs, and measuring outcomes. Schools often see healthier menus, better physical activity infrastructure, and improved wellness policies. Students take a health questionnaire before and after the program; results show they adopt healthier habits and significantly improve health metrics like cholesterol, triglycerides, blood sugar, and fitness.



Robert A. Solomon, M.D., Clinical Assistant Professor and the Associate Director of Community Experience and Outreach for the Frankel Cardiovascular Center.

Robert A. Solomon, M.D. is a Clinical Assistant Professor in the Division of Cardiovascular Medicine and the Associate Director of Community Experience and Outreach for the U-M Health Frankel Cardiovascular Center. A native of Metro Detroit, he attended Hampton University and Howard University for his undergraduate and medical school education, respectively. Dr. Solomon joined University of Michigan Health in August 2023. His additional non-clinical interests include patient health literacy and community outreach. Dr. Solomon joined the PHS program in Fall of 2025 through his professional collaboration with PHS Founder, Dr. Kim Eagle, at the University of Michigan.

Proud Partners



Executive Officers of Michigan Medicine: David C. Miller, M.D., executive vice president for medical affairs, CEO Michigan Medicine; Thomas J. Wang, M.D., dean, University of Michigan Medical School; Patricia D. Hurn, Ph.D., dean, School of Nursing.

The Regents of the University of Michigan: Jordan B. Acker, Michael J. Behm, Mark J. Bernstein, Paul W. Brown, Sarah Hubbard, Denise Ilitch, Carl J. Meyers, Katherine E. White.

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