Building Healthy Communities
Engaging Middle Schools through Project Healthy Schools

Project Healthy Schools (PHS) is designed to reduce childhood obesity and its long-term consequences by increasing physical activity and healthier food choices. This program uses education, school environmental change, and measurement to instill healthier habits in middle school children. Here are some of the ways the program is making a difference.

From 2004-2018, PHS has impacted...

- 100 Schools
- 63,000 Students
- 68 Communities
- Over 1,000 Wellness Initiatives
- Planned and Implemented

On average, students engaged in +18.4 more minutes of moderate or vigorous exercise per week, post-intervention

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

+299,514 MINUTES of additional physical activity per week

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

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

PHS Students Decreased:
- Fried meat consumption by 5.3%
- Chocolate consumption by 21.2%
- TV screen time by 5.7%
- Video game screen time by 4.7%

PHS Students Increased:
- Fruit consumption by 9.2%
- Participation in school sports by 16.2%
- Weekly moderate exercise by 12.7%

Data collected from 23,049 students


projecthealthyschools.org

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