



# Building Healthy Communities

Engaging Middle Schools through Project Healthy Schools



A program designed to reduce childhood obesity and its long-term consequences through increase physical activity and healthier food choices. The Project Healthy Schools (PHS) 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 2004-2017, PHS has impacted...



On average, students engaged in

**+18.3**

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

**+280,274 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 **↓ 6.2%**
- Video game screen time by **↓ 6.1%**

### PHS Students Increased:

- Fruit consumption by **↑ 9.3%**
- Participation in school sports by **↑ 15.3%**
- Weekly moderate exercise by **↑ 12.4%**

Data collected from **16,524 students**

\*Heart disease and stroke statistics- 2016 update. A report from the American Heart Association. DOI: 10.1161/CIR.0000000000000350, p 97.  
\*\*Carlson S et al. (2015). Inadequate physical activity and health care expenditures in the United States. Progress in Cardiovascular Diseases, 315-323.

