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

- **9.2%** Fruit Consumption
- **3.6%** Vegetable Consumption
- **5.3%** Fried Meat Consumption
- **22.6%** Chocolate Candy Consumption

### PHYSICAL ACTIVITY AND SCREEN TIME

- **9.4%** Vigorous/Moderate Exercise
- **14.5%** School Sports Participation
- **5.4%** TV Screen Time
- **4.5%** Video Game Screen Time

Data collected from **25,171 students**

MORE physical activity per week, on average


[www.projecthealthyschools.org](http://www.projecthealthyschools.org)