



# Building Healthy Communities

Engaging Middle Schools through Project Healthy Schools



A program designed to reduce childhood obesity and its long-term consequences through increased 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 2004-2016, PHS has impacted...

80 Schools



50,000 Students



49 Communities



Over 900 Wellness Initiatives



Planned and implemented

On average, students engaged in



more minutes of vigorous exercise per week, post-intervention

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

+ **78,369 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 **↓ 12.8%**



Chocolate consumption by **↓ 3.8%**



TV screen time by **↓ 9.8%**



Video game screen time by **↓ 6.0%**

### PHS Students Increased:



Fruit consumption by **↑ 2.1%**



Participation in P.E. classes by **↑ 9.5%**



Weekly vigorous exercise by **↑ 4.8%**

Data collected from **15,584 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.