

Project Healthy Schools



Summer, 2007

Project Healthy Schools is a Community-University of Michigan Health System Collaborative

Project Healthy Schools 5 Goals

- Eat more fruits and vegetables
- Make better beverage choices
- Include at least 150 minutes of physical activity each week
- Eat less fast and fatty food
- Spend less time in front of the TV and computer

2006/2007 Highlights

* All 5 Ann Arbor Middle Schools received Michigan Healthy School Environment Awards.

* Project Healthy Schools gained unanimous approval to move forward from the Ann Arbor School Board after a spring presentation.

* 529 Ann Arbor Public Schools employees participated in a 10 week Charity Fitness Challenge modeled after MFit's Charity Challenge. Participants recorded over 1 million minutes of physical activity. Three charities, chosen by the top three teams, received \$1,085 each.

This Fall:

*Project Healthy Schools expands to Ypsilanti's 2 middle schools.

*Free the Children's leadership club begins in 3 Ann Arbor middle schools.

Celebrating Success

All Ann Arbor Middle Schools Receive Healthy School Environment Awards



Michigan's Surgeon General, Kimberlydawn Wisdom (in white jacket) is pictured with Ann Arbor Public School and Project Healthy Schools staff at the Michigan Healthy School Environment awards ceremony in Lansing, MI on May 4, 2007.

Project Healthy Schools Ready for Sciencepalooza!

Sunday, September 9 from 1-3 pm the Ann Arbor Hands-On Museum is featuring Project Healthy Schools activities at the Sciencepalooza-Play with Your Food. Look for cooking demonstrations, interactive activities and tips on how to create healthy lunches and snacks that school children will love.

Sciencepalooza focuses on a specific topic providing unique activities throughout the weekend. Sciencepalooza-Play With Your Food weekend is from 10am-4pm on Saturday, September 8 and noon-4pm on Sunday, September 9.

Project Healthy Schools (PHS) and the Hands On Museum have collaborated previously during Spring Break Week in 2006 and 2007. Activities focused on healthy breakfasts one year and better beverage choices the next.

Take a Look at the Numbers!

<u>Middle Schools</u> <u>2006/2007 Year</u>	<u>Students Screened</u>		<u>Students Completing Questionnaires</u>
	<u>6th Graders</u>	<u>7th Graders</u>	
Clague	141	106	247
Forsythe	109	49	158
Scarlett	92	na	92
Slauson	130	104	234
Tappan	115	na	115
Totals	587	259	846

Project Healthy Schools

Forsythe Sixth Graders Get It!

Sixth graders at Forsythe were asked to share what they learned from Project Healthy Schools this year. Here's what some of them said:

- I cut down on pop. I drink more water. I joined the track team. I play soccer and I try to exercise three times a week.
- I don't watch as much TV as I used to.
- When I'm hungry I grab healthy food instead of junk food.
- I pick healthier choices if I go to fast food places.
- I started eating some fruits and vegetables.

- I learned to eat healthy and get involved in physical activities outside of school.
- I learned to eat more fruit when I have a craving for sugar instead of having something with added sugar. I also learned not to spend so much time in front of the screen and I'm more active.
- I stopped eating so many sweets.



Health Ambassadors are Keepers!

In September, 2006 graduate students from the School of Public Health, the UM Medical School and other programs became Health Ambassadors extending the reach of Project Healthy Schools. The group expanded to include some undergraduate and high school students, too.

Dressed in their PHS T-shirts, many Health Ambassadors :

- Assisted with one of the 8 heart healthy screenings.
- Presented all nine activities in sixth grade classroom and developed a relationship with the middle school students.
- Demonstrated and helped students practice basic flexibility/stretching positions using yoga and Pilates and/or strength training using loops and bands in the 20 6th grade physical education classes we visited.

Additionally, ten parents of 6th graders at Slauson Middle School were trained and led Project Healthy Schools activities for 5 months during advisory (homeroom). Teachers, students, and school administrators deemed this effort to be a huge success.

Thank you Health Ambassadors!

Year End Fun & Activity

The 2006/2007 school year ended with lots of smiles, sun and a variety of activities at all of the Ann Arbor Middle Schools. Project Healthy Schools organized or assisted with fun fairs, field days and picnics for sixth graders that included healthy food choices and lots of physical activities. Healthy snacks such as watermelon wedges and bottled water were provided. Activities included:

- inflatable obstacle course
- water balloon toss
- potato sack races
- balloon stomp
- tug-of-war
- tag
- soccer
- limbo
- volleyball



We're in the NEWS!

Project Healthy Schools was featured in an Associated Press news story this spring that newspapers and TV broadcasts from coast to coast and as far away as Australia used.

On March 30, 2007 The Ann Arbor News wrote about Project Healthy Schools in an article entitled, *Program improves kids' health.*

Recent conference/research presentations include:

A School-Based Health Education Program Identifies Children At Risk for Cardiovascular Disease: Baseline Data from the Project Healthy Schools 2005-06 Pilot Program, presented at (1) the American Academy of Pediatrics National Meeting in October 2006 (oral), and (2) the Children's Hospital of Philadelphia Cardiology 2007 conference in February 2007 (poster).

Baseline and Follow-Up Data from Project Healthy Schools 2005-06, A School-Based Health Education Program, presented at American College of Cardiology conference in March 2007.