Project Healthy Schools Goals

- Eat more fruits and vegetables
- Choose less sugary food and beverages
- Eat less fast and fatty food
- Be active every day
- Spend less time in front of a screen

Did you know?

- Clague Middle School in Ann Arbor and East Middle School in Plymouth are two of only 13 schools across the state designated as “Schools to Watch” this year.
- Ellen Hopkins at Clague Middle School is the longest serving PHS Wellness Champion, serving since the program started in 2004.
- PHS Co-Founder, Kim Eagle, M.D., received the Distinguished Service Award from the Ann Arbor Rotary Club on May 24, recognizing him and the entire PHS team for their successful efforts to improve the health of youth, both locally and statewide.
- Students from the Michigan School for the Deaf created a public service announcement titled, “Rethink Your Drink,” which you can view at http://www.michiganschoolforthe deaf.org/wellness-vlogs.

12 PHS schools win School Wellness Awards

Twelve PHS schools won Michigan School Wellness Awards this year. The awards are sponsored by the Michigan Department of Health and Human Services (MDHHS) in collaboration with the Michigan Department of Education (MDE), United Dairy Industry of Michigan, Blue Cross Blue Shield of Michigan and Action for Healthy Kids. The awards were presented in a ceremony at the Capitol Building in Lansing on May 18. A total of 55 schools won awards. The 12 winning PHS schools include:

Gold Award Winners
- Allendale Middle School, Allendale
- White Pine Middle School, Saginaw

Silver Award Winners
- East Middle School, Plymouth
- Estabrook Elementary School, Ypsilanti
- MacDonald Middle School, East Lansing
- Powell Middle School, Washington
- Surline Middle School, West Branch

Bronze Award Winners
- Clarenceville Middle School, Livonia
- Columbia Middle School, Brooklyn
- Marshall Greene Middle School, Birch Run
- Pittsford School, Pittsford
- Vista Charter Academy, Grand Rapids

Congratulations to the above schools and to their wellness champions and wellness teams for providing a shining example of what it takes to build healthy school environments.

19 new schools start PHS this fall

Students in 19 more Michigan schools will start Project Healthy Schools (PHS) this fall. This is the highest number of new schools ever to start PHS in a single year and brings the total number of schools with the program to over 80. This record number of new schools is the result of a new partnership in the Upper Peninsula (U.P.) called Healthy Kids U.P. and the continuing Building Healthy Communities (BHC) partnership.

Healthy Kids U.P.
Healthy Kids U.P. is a partnership between local public health departments, the University of Michigan (U-M) and Michigan State University Extension (MSU-E) with support from the Michigan Health Endowment Fund. The partnership will: 1) bring PHS to six middle schools across the U.P. this year, utilizing school-based wellness champions and local public health educators to create a comprehensive approach to health/wellness and physical activity; 2) bring MSU-E expertise on local food access and nutrition to schools and area families; and 3) asset map all U.P. schools, identifying existing obesity prevention/wellness activities and resources while determining unmet needs.

See "19 new schools” on back page
Albert Berriz, CEO, Managing Member and Co-Owner of Ann Arbor-based McKinley Companies, joined the PHS Advisory Board last August. As a patient and friend of PHS Co-Founder, Kim Eagle, M.D., Berriz has come to share Eagle’s passion for PHS. “I have committed myself to living the many strategies that we are trying to have young children in the middle school years adopt and follow for the rest of their lives. Kim has impacted my life, and I want to do the same now for others,” said Berriz.

“In the long run,” continues Berriz, “the cost of un-healthy living has a catastrophic financial impact on companies and our society as a whole. Changing lifestyles, how people eat, how they exercise their bodies, and the lifestyle choices they make every day is the real solution to changing the broken health care cost model. Dr. Eagle has it right, let’s make young children aware that they can make healthy choices, and let’s educate them early in life what healthy living means in our daily lives, and our world will be a much better place as a result,” concluded Berriz.

As a business owner who is fiercely committed to providing best in class health and welfare benefits to his team members, Berriz says, “through ‘McKinley Healthy Living,’ we’ve created a cultural shift in how we approach serving the needs of our team members, and like we do at PHS, we hope to support them as they make choices that will allow them to live healthier lives. We have made a major capital investment in our corporate center allowing for a best in class wellness facility, and we support our team members in achieving positive outcomes in both mind and body. Without question this investment has had a direct bottom line impact on our business. Our people are more committed and effective based upon the investment we are making in them, and best of all I love the stories that our wellness team shares about how we are making a genuine difference in the lives of our team members and families.”

Over the past year, Berriz has participated in several PHS classroom lessons and met with PHS team members. He says, “I can tell you first hand that the program is working; we are impacting kids in a meaningful way. What better investment can we make than investing in a healthy future for our kids and grandkids? I am a big believer and supporter of PHS, that’s why I joined their Advisory Board, and now spend much time with their fundraising team raising the critical capital we need for our efforts.”
The effects of parental health habits on children

By Khadijah Hussain

Parental influence plays a significant role in the actions and decisions of children, especially adolescents. However, the impact of parental health behaviors on those of children has not been well studied. A recent PHS study investigated how children’s health behaviors were influenced by their perceptions of their parents’ health behaviors. A questionnaire was used to collect data during the 2015-2016 school year on 4065 students’ dietary, physical activity, and sedentary habits. It also contained questions about the students’ perceptions of their parents’ healthy behaviors.

The results from the study are listed in the table. Healthy behaviors of parents were found to be strong predictors of children’s healthy behaviors. Likewise, parent’s unhealthy behaviors were predictors of their children’s unhealthy behaviors. For each healthy behavior that was present in parents, the same health behavior was then more likely to be seen in their children. For example, if a parent spent two or fewer hours in front of a screen, their child was also more likely to spend two or fewer hours in front of a screen. However, parental influence is complex; the majority of student health behaviors that were assessed were found to be influenced by multiple behaviors exhibited by the parents.

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Cody High School students renovate greenhouse and grow salad greens for PHS salad lesson

Last fall, a dilapidated greenhouse stood unused next to Cody High School. Today, that same greenhouse is brimming with green plants tended by members of the Cody High School wellness team, which also helped renovate the greenhouse. Salad greens grown in the greenhouse were used in the PHS salad lesson at nearby Dixon Educational Learning Academy on June 2. As part of the salad lesson, a ninth-grade student and member of the Cody High School wellness team also gave a presentation to sixth graders on the growing process.

This amazing transformation began when Ben Ransier, PHS wellness coordinator for the Science of Wellness program at Cody High School, inquired about why the greenhouse wasn’t being used. He learned that the water to the greenhouse had been cut off and the pipe removed. Not to be deterred, Ransier made dozens of phone calls, met with principals, maintenance crews and contractors to get the water flowing again. Next he contracted with Noah Link, a U-M graduate and owner of Food Field, an urban farming company in Detroit, to renovate and manage the greenhouse. Nowadays, while touring the indoor and outdoor growing areas, you will find an array of fruits and vegetables including: tomatoes, mixed greens, collard greens, Swiss chard, carrots, peanuts, watermelons, strawberries, snap peas, and corn.

Ransier said, “The event at Dixon was a huge success and we are looking forward to more of these presentation and food tasting opportunities in our Detroit-based partner schools next year. We are grateful to the Wetsmans. Their generosity is giving students and staff more access to nutritious food and more academic enrichment opportunities for students.”

The Science of Wellness program and the renovation and ongoing management of the greenhouse are made possible with support from the Wetsman Foundation.
Thank You PHS Supporters!

Blue Cross Blue Shield of Michigan
Bob and Ellen Thompson Foundation
Brooke, Betsy, Albert L., Andrew, Paula & Albert M. Berriz
Community Foundation for Southeast Michigan
Detroit Medical Center Foundation
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Michigan Department of Health & Human Services
Michigan Health Endowment Fund
Mrs. Dorothy Gerson
Superior Health Foundation
University of Michigan Health System
Ronald N. and Eileen L. Weiser
Wetsman Foundation

We are also grateful to the many other corporations, foundations and individual donors who have supported PHS over the years.

Information on how to donate is available at www.projecthealthyschools.org or by contacting Ryann Eff at 734-998-6044

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19 new schools start PHS this fall  continued from page one

The long-term goal of the project is to link all Upper Peninsula schools with the resources they need to change policy, infrastructure, and community culture around health, nutrition, and physical activity.

Building Healthy Communities
Thirteen new schools will start Building Healthy Communities: Engaging Middle Schools through Project Healthy Schools in the 2017-2018 school year as part of the Building Healthy Communities partnership with Blue Cross Blue Shield of Michigan and the Michigan Department of Health and Human Services. The new schools include:

- Bentley Middle School, Burton
- Big Rapids Middle School, Big Rapids
- Carrollton Middle School, Saginaw
- Hazel Park Junior High School, Hazel Park
- Hillman Junior Senior High, Hillman
- Milan Middle School, Milan
- Millington Junior High, Millington
- Munger Middle School, Detroit
- Portland Middle School, Portland
- Potterville Middle School, Potterville
- St. Mary Catholic School, Big Rapids
- St. Patrick Catholic School, Carleton
- Thunder Bay Junior High, Alpena

PHS extends a hearty welcome to all of these new schools!

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McKinley Announces Major Financial Support for PHS

McKinley's CEO, Albert M. Berriz, and his wife, Paula Berriz, as well as Ambassador Ronald N. Weiser, McKinley's founder, and his wife, Eileen Weiser, recently pledged major financial support for Project Healthy Schools.

After visiting Scarlett Middle School on March 22 and observing a PHS lesson, Albert Berriz said, "This is a wonderful example of a University of Michigan program in partnership with Ann Arbor Public Schools, and they are making a huge difference in the lives of these students." Berriz continued, "After experiencing the class first hand, I was amazed with how the students were engaged, focused and curious to learn about making the right food and exercise choices, and the U-M Health Ambassador volunteers (students) and teachers are awesome!"

Project Healthy Schools is grateful to the Berriz and Weiser families for their support.

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Project Healthy Schools Locations

Red stars mark the locations of the 19 new schools starting PHS in fall 2017.

The six schools starting PHS this fall through Healthy Kids U.P. include:
- Bark River-Harris Elementary School, Harris
- E.B. Holman Elementary School, Atlantic Mine
- Engadine Consolidated Schools, Engadine
- Kingsford Middle School, Kingsford
- Negaunee Middle School, Negaunee
- Rudyard Elementary School, Rudyard

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The Project Healthy Schools newsletter is distributed three times per year.