**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?**

- The 2017 School Wellness Award application is now open. This award aims to encourage schools statewide to create healthy school environments by establishing School Health Teams, completing the Healthy School Action Tools (HSAT) and implementing sustainable policy and environmental changes. The deadline to receive completed applications is midnight EST April 19, 2017. The application, along with more information about the award, can be found at [http://swa.mihealthtools.org](http://swa.mihealthtools.org).


- Follow PHS on Facebook, Twitter, Instagram & YouTube.

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**U-M nursing students assisting at PHS Schools**

U of M nursing students Maddy Jiga (left) and Emily Butt (third from left), stand in front of the “Coping Tree” in the staff lounge along with Dixon Middle School Principal Mr. Van Hooks (second from left) and teacher, Mrs. Crowder (right).

Last fall, six students from the U-M School of Nursing helped implement the PHS program in four under-resourced middle schools, including: Dixon Educational Learning Academy in Detroit, Estabrook Elementary School and Ypsilanti Community Middle School in Ypsilanti, and Michigan Technical Academy in Redford. Two nursing students also assisted with the Science of Wellness program at Cody High School in Detroit.

These schools served as the clinical placement sites for the Community Health Nursing class which is a required class for senior nursing students. In addition to assisting with various aspects of the PHS program, the nurses did community health assessments at each school and designed interventions tailored to each school’s needs.

For example, at Dixon Educational Learning Academy, the nursing students saw a need to reduce the stress levels of the teaching staff. First they tackled a major cleanup of an underutilized faculty lounge to make it a more inviting space. They drew a “Coping Tree” on the blackboard in the lounge and encouraged faculty to fill out the leaves on the tree with their favorite stress-reducing activity. Then they held a fruit smoothie party to introduce staff to the renovated faculty lounge. Now the lounge is a

(See U-M nursing students on back page)

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**PHS facilitates donation of abandoned bikes**

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Kudos for Fall Wellness Champion Gathering

“Wellness champions work together to get familiar with the new PHS Portal by finding items on the Portal during a scavenger hunt.”

“This was a great day of information and networking. There was a good balance of presentations and activities.” This comment from one of the nearly 30 participants at the Project Healthy Schools fall wellness champion gathering was reflective of the many positive comments received. The gathering took place on November 14 at the headquarters of the United Dairy Industry of Michigan (UDIM) in Okemos, Michigan, near Lansing. UDIM also provided lunch and snacks for the event which was attended by wellness champions from more than 20 schools across the state.

The agenda for the professional development event was jam-packed with information and group activities, and interspersed with ice breakers, physical activity breaks, and awards. Following a program update and introduction to the new PHS Portal, the first group activity involved a scavenger hunt where participants looked for items on the PHS Portal. Next came a brainstorming exercise on ways to implement health-related messages into the core curriculum. Then a UDIM staff member gave a presentation about Fuel Up to Play 60.

After lunch, participants broke into groups for a couple of carousel activities, where every few minutes the groups rotated to continue the work started by a previous group. The first carousel activity involved setting goals and creating an action plan based on results from the Healthy School Action Tools (HSAT). The second activity built on the HSAT results and action plans from the previous activity. The groups used this information to brainstorm wellness policy ideas. Next, drawing inspiration from the previous group activity, each wellness champion worked individually to write some SMART (Specific, Measurable, Attainable, Results-driven, Time-based) wellness policy goals for their own school. Watch the wellness champion gathering video at https://youtu.be/9G6q25V0hKQ

PHS Portal Forum – A Great Way to Stay Connected!

By Brad Newman

Are you looking for an easy and effective way to connect with your PHS peers? The PHS Portal houses various electronic resources for PHS schools, wellness champions, wellness teams, teachers, and partners. One unique feature that has been created to improve cross-collaboration and communication between our schools is the PHS Portal Forum!

The Forum is a user-friendly platform where you can connect with PHS staff and your peers in other schools by asking questions, sharing ideas, and success stories. There are five different categories in the Forum to which you can post: Education, Fundraising, Wellness Initiatives, Wellness Teams, and Questions for PHS/FAQs. You can simply create a new post or respond to a post submitted by others. Since this new feature was added to the PHS Portal, PHS has seen some great connections and sharing of knowledge between schools.

For example, Allendale Middle School posted a question in late November asking for ideas to increase participation within their Healthy Habits Challenge. Less than 24 hours later, Slauson Middle School responded with some excellent ideas they implemented utilizing healthy incentives during their school lunch hour. Great job to both of these schools!

Although the Forum is off to a good start, PHS encourages all schools to regularly visit the Forum to keep the lines of communication flowing. We challenge each PHS school to post relevant posts to the Forum as often as possible. Please join the conversation and let’s learn and share resources with one another! If you have any questions regarding the PHS Portal, please contact Nate Saulter at nsaulter@med.umich.edu. We look forward to “seeing” you online at the PHS Portal Forum!
Health Behaviors Predict Cardiovascular Risk

By Rachel Krallman

Many prior studies have linked poor diet and sedentary habits with cardiovascular risk in adults; however, little is known about the effects of lifestyle on the cardiovascular health of children and adolescents. The PHS research team sought to determine if a similar relationship existed between children’s health habits and their cardiovascular risk indicators such as body mass index (BMI), total cholesterol, low-density lipoprotein (LDL) cholesterol, high density lipoprotein (HDL) cholesterol, and random glucose.

The study looked at the following behaviors:
- < 1 day/week vigorous (20 min) or moderate (30 min) physical activity
- < 1 day/week physical education class
- < 1 team sport participation per year
- 2 hours/day TV time, computer time or video games
- < 1 time/day fruit of vegetables
- No daily breakfast consumption
- > 1 time/day sugary foods and beverages

Students were categorized into two groups. Those with four or more of the above behaviors were in the “Unhealthy Behaviors” group and those with zero or one of the above behaviors were in the “Healthier Behaviors” group.

A high percentage of students (32.1%) reported four or more unhealthy behaviors before the PHS intervention and were assigned to the “Unhealthy Behaviors” group. Compared to “Healthier Behavior” students, “Unhealthy Behaviors” students were associated with increased cardiovascular risk factors. They were less likely to have high HDL cholesterol (the good cholesterol), and more likely to have high LDL cholesterol (the bad cholesterol) and be overweight or obese (Figure 1). These findings highlight the need for strategies like PHS to promote healthy behaviors in this age group in order to avoid future cardiovascular disease.

![Figure 1. Cardiovascular Risk in Students with Unhealthy Behaviors. Odds Ratio with 95% Confidence Intervals](https://www.youtube.com/watch?v=OI8m22FJzh8)

PHS partners in active classrooms study

Can incorporating moderate-to-vigorous intensity activity breaks in the classroom be an effective strategy to increase metabolic, psychological and cognitive outcomes in children? Project Healthy Schools is collaborating with U-M’s School of Education, School of Kinesiology and the Taubman School of Architecture to find out. The study is called Interrupting Prolonged Sitting with ACTivity, or InPACT for short.

This fall, InPACT was piloted in 19 classrooms in two PHS schools: Estabrook Elementary School in Ypsilanti and Columbia Upper Elementary School in Brooklyn; and one non-PHS school, Anderson Elementary School in Trenton. The teachers received two days of training on how best to include moderate-to-vigorous physical activity (MVPA) breaks throughout the day and a compendium of physical activity breaks and video-led breaks to choose from. During the first week, the teachers led their classrooms in one three-minute MVPA break per day, thereby accumulating 15 MVPA minutes per week. Each week during the 16-week pilot the number of activity breaks increased by one until the classroom incorporated 10 activity breaks in a school day, totaling 150 MVPA minutes per week as recommended in the current physical activity guidelines.

PHS’s role in the collaboration included helping with the development of the intervention and teacher training materials, co-facilitating the teacher trainings, recruiting partner schools and acting as a liaison between the InPACT team and school staff. The School of Kinesiology provided the expertise for designing the physical activity breaks. The School of Education provided expertise on curriculum design and the Taubman School of Architecture created new classroom layouts more conducive to physical activity.

Learn more about InPACT and see a classroom activity break in action by watching this video produced by BTN LiveBIG at https://www.youtube.com/watch?v=OI8m22FJzh8.
U-M nursing students continued from page 1

gathering place for teachers.

The student nurses at Dixon also volunteered to help make salads for the students once a week when the staff at the school could no longer maintain the donated salad bar. Seeing how much the students loved the salads, the school staff took over making the salads.

At other schools, student nurses taught the PHS lessons, helped with the kickoff and apple tastings, put up health promotion bulletin boards, held a poster competition to promote PHS’s five goals and created an interactive stress and anger management PowerPoint for students to use.

At the end of the semester, each team of nursing students summarized their accomplishments and provided advice for the next team of nursing students who will pick up where they left off in the schools. One summary concluded, “You actually get to go out in a real community, make a difference and feel that difference. You are truly doing great work that will impact the lives of these kids forever.”

Clinical Nursing Instructor, Judi Policicchio was pleased with the impact the experience had on her nursing students. She plans to continue the partnership and hopes the next group of nursing students will work on a plan to address chronic absenteeism in some of the schools.

Meet the Moellers, PHS Advisory Board members and Flint civic leaders

Bill and Kitty Moeller joined the PHS Advisory Board two years ago after learning about the program from PHS Founder, Kim Eagle, M.D., Bill’s cardiologist. Bill said, “I was very interested in serving on the PHS Advisory Board for two reasons. First, because as a child I grew up without a lot of nutrition knowledge and I’ve never been, let’s say, on the thin side. If I had had this kind of program as a child I think it would have made a difference, not just for me, but for my whole family.”

The second reason has to do with Bill and Kitty’s lifelong passion for serving the community of Flint, Michigan. Originally from Detroit, Bill and Kitty were high school sweethearts. Both graduated from the University of Michigan, Bill with a business degree and Kitty with a teaching degree. Shortly after graduation, the Moellers moved to Flint for Bill’s new job. They’ve lived in Flint ever since, raising three children and serving the Flint community.

Bill’s career included senior management positions in several well-known financial investment firms, including his current position as a senior vice president at Raymond James. Kitty taught school for a short time, then stopped to raise a family. She devoted herself to volunteer work, serving as the president of numerous volunteer organizations in the Flint community. Both of the Moellers are active in Flint community service organizations and the local United Way, and Bill is treasurer of the Hurley Foundation Board in Flint.

It was Bill’s Hurley Foundation connection that really stirred the Moellers’ interest in serving on the PHS board. Bill arranged for Dr. Eagle to meet with leaders from Hurley Hospital and U-M Flint to share information about PHS with the hope of bringing the program to more schools in Flint.

Soon after this meeting, the Flint water crisis erupted and all available resources were devoted to bringing lead-free water to the people of Flint. The Moellers are hopeful that once the emergency is over and the focus turns to supporting the affected children, PHS will expand to more schools in Flint. Bill says according to Dr. Mona Hanna-Attisha, the Flint pediatrician who exposed the city’s water crisis, one of the best ways to help the kids affected by the lead-tainted water is to provide good nutrition and a healthy environment, both cornerstones of the PHS program.

Thank You PHS Supporters!

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Mrs. Dorothy Gerson Superior Health Foundation
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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