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?

- U-M and Harvard University are collaborating on a research project that will bring PHS to several schools in Kuwait.
- PHS Program Manager Jean DuRussel-Weston presented on best practices from 10 years of implementing PHS at the SOPHE Conference in Portland, OR last April.
- PHS Wellness Coordinator Katelin Davis presented on the sustained benefits shown in the results from the PHS four year follow-up report at the UMHS Adolescent Health Initiative conference last April in Ypsilanti.

PHS Presents to House Health Policy Committee

Representative Mike Callton (R. Nashville), head of the Michigan House Health Policy Committee invited PHS to present to the Committee on April 14, 2015. LaVaughn Palma-Davis, senior director of Health and Well-Being Services at the University of Michigan and Jean DuRussel-Weston, program manager of PHS presented an overview of the PHS program to representatives on the committee. Representatives from Blue Cross Blue Shield of Michigan, our partners in the Building Healthy Communities program, also participated in the presentation.

The PHS presentation followed the Citizens Research Council’s report, “Addressing Michigan’s Obesity Problem.” This provided an ideal opportunity to highlight what PHS is doing in Michigan to address the obesity crisis, since among the recommendations in the Citizens Research Council’s report were school level policies that:

- Ensure availability of healthy food options and minimize access to unhealthy foods;
- Expand opportunities and requirements for physical activity before, during, and after school hours; and
- Include health education in the curriculum for all grades.

The PHS program aligns with these recommendations, which gave PHS an excellent segue into the presentation! A video of the meeting (the PHS presentation starts at 52:13) is available at: http://www.house.mi.gov/MHRPublic/PlayVideoArchive.html?video=HEAL-041415.mp4

PHS adds nine more schools

Students in nine more Michigan schools will participate in Project Healthy Schools (PHS) this school year as the result of a Champions for Healthy Kids grant and partnerships with the Greater Flint Health Coalition and Building Healthy Communities. The addition of these schools means 60 schools in Michigan are now offering students more opportunities for healthy eating and physical activity through participation in PHS.

Champions for Healthy Kids

Students at Estabrook Elementary School and Washtenaw International Middle Academy in Ypsilanti will receive the PHS program thanks to the Champions for Healthy Kids grant program which is supported through an educational grant from the General Mills Foundation. The grant will also cover ongoing

(See Nine more schools on back page)
School Photos and Quotes

This collection of photos and quotes from students, school staff and parents illustrates the difference that PHS is making in the schools and the health of not just the students, but teachers and families as well.

“I am Zachary Z’s mom. I wanted to take the time to let you know what an amazing impression you have made on Zachary. Your work will impact him for a lifetime. ... The things you are teaching him is carrying into our home. We are hoping to help him get some weight off so he is never held back by it. Thank you for what you have taught him about this, because it’s making a difference. Thank You!” Parent, Pierce Middle School, Waterford.

“We are very pleased with the way in which PHS has begun to transform the way our staff and students view their diet and lifestyles. Our staff has done a wonderful job, due to the education that this program has provided, at finding ways, other than food, to reward the students for positive behavior and to promote movement within their classrooms,” Assistant Principal, Johnson Upper Elementary School, Westland.

“The PHS lessons were fun because I learned how to be healthy. I really liked the Sugar Shock lesson and seeing the fat and muscle models. It was fun to share some of the things I learned with my family. I now have been eating more fruits and vegetables in my lunches.” Student, Clarenceville Middle school, Livonia.

Sixth graders at Allendale Middle School take part in a Michigan Apple Tasting in their health and leisure class.
Is the impact of Project Healthy Schools sustainable over time? How long do students benefit from the PHS curriculum after the lessons have concluded? A recent study by PHS researchers sought to answer these questions. 1,126 students from Ann Arbor (median household income $56,612) and Ypsilanti (median household income $28,610) middle schools completed baseline physiological screenings and health behavior questionnaires. Follow-up screenings and surveys were completed in the subsequent four years to determine whether or not the cardiovascular and behavioral benefits of PHS were sustainable.

Both communities showed significant improvements from baseline in total cholesterol, LDL cholesterol, and triglycerides for up to four years post-PHS intervention. Ann Arbor students showed sustained improvements in vigorous and moderate physical activity and video game screen time. Ypsilanti schools demonstrated decreased video game and television screen time up to four years post-intervention.

This study demonstrates the long-term sustainable benefits of the Project Healthy Schools program in both cardiovascular parameters and healthy behaviors.

Detroit students earn bikes from Back Alley Bike partnership

This school year, PHS and University Prep Academy (UPA) in Detroit partnered with local bike-education non-profit Back Alley Bikes to help a dozen students build their own bikes. Over two five-week sessions at UPA, students learned about bike safety and maintenance while building their own bikes from salvaged bike parts. The participants were able to keep their bikes once the program finished. Back Alley Bikes’ Earn-a-Bike program also introduced biking as a form of physical activity, which was new to some participants.

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Nine more schools
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program costs in two more Ypsilanti area schools with the PHS program.

Greater Flint Health Coalition Partnership
Two additional schools in the Flint area, Beecher Middle School and St. John Vianney School, are starting PHS this fall as the result of PHS’ partnership with the Greater Flint Health Coalition (GFHC). The two new schools, to be supported by GFHC and lead partner Hurley Medical Center, are in addition to three other greater Flint area schools already participating in PHS, for a total of five PHS schools in the greater Flint area. Flint area health systems, Genesys Health System and McLaren Flint, are also partnering with GFHC to support the PHS program.

Building Healthy Communities
PHS is currently reviewing applications to select five more schools to receive the Building Healthy Communities: Engaging middle schools through Project Healthy Schools program. The selected schools will start the program in November. Blue Cross Blue Shield of Michigan, Michigan Department of Health and Human Services and the University of Michigan are working together to bring Building Healthy Communities to more schools across the state.

Two PHS schools win awards
Two PHS schools were recently honored with Michigan School Wellness Awards in a ceremony at the State Capitol. Allendale Middle School in Allendale, and Vista Charter Academy in Wyoming received bronze level awards and were among 24 Michigan schools honored.

Kelly Merrill, Allendale Middle School wellness champion and Health & Leisure Health teacher, emailed PHS with the news, saying, “We received one of the School Wellness Awards! I get to go to the Capitol Building to receive the award. I am really excited! It was the bronze level award but still pretty cool recognition for our building. Thanks for all your help with the PHS program this year. That was a huge help in making our building successful for this award!”

The Michigan School Wellness Award program is part of the Governor’s Health and Wellness 4 x 4 Plan. The Michigan Department of Health and Human Services and Governor Rick Snyder recognized the 24 Michigan schools for making significant policy and environmental improvements in their environment related to healthy eating, physical activity habits, and tobacco-free lifestyles among students.

Big House 5K raises money for PHS
Nearly 5,500 racers participated in the Big House 5K: Trail to the Victors Presented by Toyota which took place on a picture perfect Sunday in April. The race, sponsored by Michigan Athletics with support from the Ann Arbor Track Club, raised money for six non-profits including Project Healthy Schools.

Starting on State Street outside of Al Glick Field House, the runners traversed through U-M’s iconic campus and the Stephen M. Ross Athletic Campus before finishing at the 50-yard line of historic Michigan Stadium.

PHS Wellness Coordinators Cortney Boes and Katelin Davis ran the race dressed as a super fruit and a banana to raise awareness of PHS.

A guaranteed $12 of each of the participant’s registration fee was split evenly and donated to the six official non-profit race beneficiaries. Any additional revenue after covering race expenses was distributed to the organizations as well. PHS received $11,621 from the race. Thank you Michigan Athletics and Ann Arbor Track Club!

Thank You PHS Supporters!
American Heart Association
Blue Cross Blue Shield of Michigan
Champions for Healthy Kids (General Mills Foundation)
Community Foundation for Southeast Michigan
D. Dan and Betty Kahn Foundation
Detroit Medical Center Foundation
Memorial Healthcare Foundation
Michigan Department of Health & Human Services
Speckhard-Knight Charitable Foundation
University of Michigan Health System
UnitedHealthcare Community Plan
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