



BUILDING HEALTHY COMMUNITIES  
ENGAGING MIDDLE SCHOOLS THROUGH PROJECT HEALTHY SCHOOLS



## Healthy Improvements at BHC Schools 2019-2020

### Students make healthier choices because of PHS



61% eat more fruits and vegetables



35% spend less time in front of a screen  
(TV, computer, video games, cell phone)



52% are more physically active



47% choose less sugary foods and  
beverages



60% are more aware of how to be  
healthy and why it is important

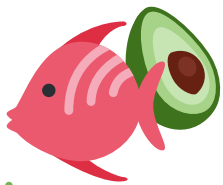


34% made better choices at fast  
food restaurants

69% shared what they learned from the PHS lessons with their family



### 6th grade students completed all 10 PHS lessons



71% know which foods to eat to add healthy  
fats to their diet



80% know that half of their plate should be  
fruits and vegetables



86% know that they should get 60 minutes of  
physical activity every day



74% know that entertainment screen time should  
be limited to less than two hours every day



69% can interpret nutrition labels to identify  
added sugars

#### Student Responses

"I learned to eat breakfast so  
you can have energy in the  
morning."

"Eating fruits and vegetables  
could decrease your chance of  
cancer or heart disease."

"I learned to always stay active  
and always eat healthy."

"I learned how important it is  
to look at what you are eating  
before you eat it."