

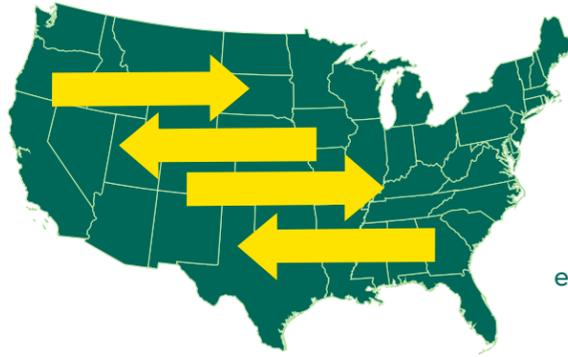
Building Healthy Communities:

Engaging elementary schools through partnership



Building Healthy Communities is a comprehensive school health philosophy that builds healthy eating and physical activity opportunities and education into the school environment. Here are just some of the ways Building Healthy Communities is making a difference:

- Educating students through curriculum
- Increasing access to healthy, nutrient-rich food and beverages
- Increasing access to physical activity opportunities



Students in the after-school Healthy Kids Clubs alone collectively walked or ran approximately 11,930 miles, equivalent to walking across the U.S. four times!

28% INCREASE in calories burned

Students increased moderate-to-vigorous physical activity by 810 minutes which is equivalent to burning **5,000 calories** and nearly **1.5 LBS** of fat

700 steps increased per day

378,000 minutes of quality physical activity

\$200 MILLION in future economic productivity*



Physically active and fit students perform better in school and have greater future economic success. By helping over 7,000 students substantially increase their physical activity, fitness and school success, Building Healthy Communities helps drive future economic productivity.

INCREASING healthy eating opportunities and education at school directly influences children's eating habits, facilitates healthy weight, prevents childhood obesity, and lowers incidence of chronic disease.

Overweight and obese children tend to become overweight and obese adults who incur disproportionately higher lifetime health care costs.

\$210 MILLION in future health care savings**

40% MORE fruits & veggies than the national average for 6 to 11 year olds

- 130% MORE** energy
- 83% LESS** trouble sleeping
- 8% LESS** nonhomework screen time

Students significantly increased their rate of improvements in both

READING & MATH



In partnership with



Supporters



*Finkelstein, E.A., Chen, W., Graham, K., & Malhotra, R. (2014). Lifetime Direct Medical Costs of Childhood Obesity. Pediatrics, 5, 133, 854-862.
 **Chase, R. & Diaz, J. (2015). Cost savings of school readiness per additional at-risk child in Detroit and Michigan. Wilder Research: Saint Paul, MN.