

# Building Healthy Communities

Building Healthy Communities is a school based initiative designed to prevent childhood obesity and create healthy school environments. It helps establish the knowledge and behaviors needed for a healthy lifestyle by:

- Educating students on nutrition, physical activity and social and emotional health
- Creating a healthy, supportive environment that makes the healthy choice the easy choice
- Encouraging students to practice lessons learned in the classroom
- Increasing access to physical activity opportunities
- Increasing access to healthy, nutrient-rich food and beverages
- Implementing well-being activities for school staff
- Educating school staff on social and emotional health and learning



There are three programs available to help meet the needs of Michigan schools. Review the chart below to guide your school to the program that is the best fit.

Program	Elementary School Program	Middle School Program	Step Up for School Wellness Program
<b>Target grades</b>	K-5	6-8	K-12
<b>Model</b>	Comprehensive model with multiple components	Comprehensive model with multiple components	Flexible model. Schools select two or more resources and can reapply in following years to add new resources
<b>Support</b>	On Site	On Site	Remote
<b>School environmental assessment</b>	Healthy School Action Tools	Healthy School Action Tools	Healthy School Action Tools
<b>Classroom education on nutrition and physical activity</b>	Eight lessons, 25 minutes each, for every grade level	Ten lessons, 45 minutes each for 6th graders	Three to 10 lessons dependent on grade level, 20 to 40 minutes each plus access to a full health curriculum.
<b>Physical education</b>	Curriculum, training and equipment	Equipment	Curriculum, training and equipment
<b>Physical activity</b>	<ul style="list-style-type: none"> <li>✓ Recess equipment</li> <li>✓ After school program</li> <li>✓ Classroom physical activity breaks</li> </ul>	<ul style="list-style-type: none"> <li>✓ Classroom physical activity breaks</li> <li>✓ Physical activity components vary according to the school's needs and priorities</li> </ul>	<ul style="list-style-type: none"> <li>✓ Recess equipment</li> <li>✓ Interactive, online physical activity breaks in the classroom</li> <li>✓ Walk-run program</li> <li>✓ Healthy out-of-school time</li> </ul>
<b>Healthy eating</b>	<ul style="list-style-type: none"> <li>✓ Taste testing</li> <li>✓ School-wide events with student leadership teams</li> </ul>	<ul style="list-style-type: none"> <li>✓ Healthy eating components vary according to the school's needs and priorities</li> </ul>	<ul style="list-style-type: none"> <li>✓ Taste testing</li> <li>✓ Equipment for serving healthy beverages like smoothies</li> <li>✓ Smarter lunchroom funding and coaching</li> <li>✓ Healthy parties and celebrations</li> </ul>
<b>Well-being</b>			<ul style="list-style-type: none"> <li>✓ Staff Well-being</li> <li>✓ Social and emotional learning staff education</li> <li>✓ Classroom education on social and emotional health</li> </ul>
<b>Sustainability</b>	<ul style="list-style-type: none"> <li>✓ Sustainability plan development</li> </ul>	<ul style="list-style-type: none"> <li>✓ Continuous access to online tools and resources.</li> </ul>	<ul style="list-style-type: none"> <li>✓ Continuous access to online tools and resources.</li> </ul>

## Healthy students are better learners!

Building Healthy Communities has, since 2009, made measurable and demonstrated impact on the health of Michigan's children including:

- Reduction in measures of obesity
- 40 percent more fruit and vegetables consumed than the national average
- 700 step increase per day
- 35 additional minutes per week of moderate and vigorous physical activity
- 19 minutes less screen and video time per day
- 74 percent reporting it was easier to pay attention during class

