Project Healthy Schools:
A Community’s Response to the Childhood Obesity Crisis

Kim A. Eagle, MD
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What is PHS?

• A unique community-University of Michigan collaborative project, started in 2004.

• Designed to increase physical activity and healthier food choices to reduce childhood obesity and long term CVD risk.

• Targets sixth-grade students

• 43 schools implemented so far

• 24,600 students received PHS lessons

• Environmental changes touch thousands more

• Over 7,000 students participated in research
Mission

Project Healthy Schools will be a leader in promoting the health of children by empowering them to practice healthy lifestyles and by creating school environments that support their well-being.
Health Risk Indicator Levels

* Denotes a difference from baseline value significant at P < 0.05
The Project Healthy Schools Collaborative

PHS Collaborators

*See list of specific schools
**See list of specific collaborators

As of March 2013
Across the university:

Partnerships:
• Education
• Public Health
• Kinesiology
• Soc 369 classes

Student Volunteers from:
• Engineering
• Medicine
• Public Health
• Psychology

In the state:

Health systems providing funding and personnel:
• Memorial
• Beaumont
• Genesys (Greater Flint Health Coalition)

BCBSM: Building Healthy Communities
Building Healthy Communities

Engaging elementary and middle schools through partnership
• **Continued growth**—10 schools this school year alone.

• **Steady 3 year sustainable expansion** into schools and communities who are committed to our goals.

• **Making a life-long difference in the lives of young Michiganders** by empowering them to make healthy decisions and creating a school environment that supports and promotes well-being.
The PHS Team

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In addition to UMHS support, PHS relies on the generosity of volunteers, donors and foundations.

Help us reach more kids.

- Volunteer
- Hold a fundraising event
- Make a donation

You can make a difference!
“Never doubt that a small group of thoughtful, committed people can change the world. Indeed, it is the only thing that ever has.” - Mead

www.projecthealthyschools.org