

WHEN STUDENTS ARE MENTALLY, PHYSICALLY, AND **EMOTIONALLY HEALTHY THEY ARE LESS LIKELY TO** ENGAGE IN RISKY BEHAVIOR AND ARE MORE LIKELY TO MISS LESS CLASS AND ACHIEVE HIGHER TEST SCORES.

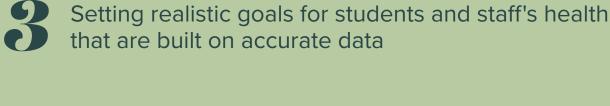
Schools Should Promise and Support the Following



A health education curriculum supporting children and staff



Addressing health and well-being for each staff member



Facilitating students and staff's access to health,



Facilitating healthy eating habits in school provided meals

What the Research Says

mental health and services



1/5 of children and adolescents

overweight and almost 17% of children and adolescents are obese. U.S. Centers for Disease Control Prevention, 2008 Ogden, Carroll, Kit, & Flegal, 2012

Nearly 1/3 of U.S. children are

illness and 80% go untreated. There is a much higher chance these students will drop out and suffer long-term impairments. Eaton et al., 2010 Breslau, 2010

experiences symptoms of a mental health





asthma, or lack of sleep can be reversed by increasing access to services and increasing physical activity. Basch, 2010

school. Studies have shown that health-related

absenteeism due to conditions such as obesity,

Some Gase Studies



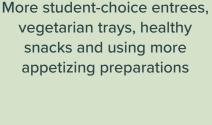
MORE PROGRAM

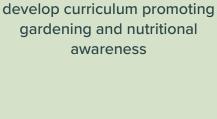
HILTON HEAD ISLAND

ELEMENTARY SCHOOL

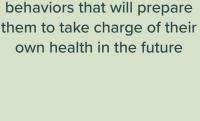
Hilton Head Island, South Carolina

HEALTHY CHOICES—EAT SMART/MOVE





Enlisting help of experts to



Helping HHIE students develop

BATESVILLE COMMUNITY SCHOOL CORPORATION

Batesville, IN

HEALTHY PARTNERSHIPS & COLLABORATIONS WITH THE COMMUNITY





school has been able to offer

more fruits and vegetables



Ventures with local physical activity by putting on

events such as the

Presidential Challenge for

Families, Active for Life, and the development of a school garden

organizations to increase



Community efforts to improve physical activity and nutrition in results in healthier students and a safe, connected community