

## Michigan and Indiana

### Expanding Coordinated School Health Programs (CSHPs)

#### Public Health Problem

High school students in Indiana and Michigan continue to engage in high rates of risk behaviors that contribute to the leading causes of death and disability in the United States:

- 15% of Indiana students and 12% of Michigan students were overweight.
- Only 15% of students in Indiana and 17% in Michigan ate fruits and vegetables at least five times per day.
- 11% of students in both Indiana and Michigan failed to participate in any form of vigorous or moderate physical activity.
- 60% of students in Indiana and 52% in Michigan had ever tried a cigarette.

CSHPs provide schools with a framework to help encourage and support students in adopting healthy behaviors. To ensure that school districts receive the intensive training and support needed to develop, implement, and sustain CSHPs, the Great Lakes American Cancer Society (ACS), Indiana Departments of Education and Health, and Michigan Departments of Education and Health worked together to develop the *MICHIANA School Health Leadership Institute*.

#### Program Example

Started in 2004 with support from CDC and ACS, *MICHIANA* is a five-year initiative designed to replicate the success of earlier ACS National School Health Leadership Institutes in developing sustainable local CSHPs. Eighteen districts, representing 98,000 students from 190 schools in Indiana and 49,000 students from 107 schools in Michigan, were selected to participate in *MICHIANA*. During the first three years of *MICHIANA*, district teams of two to seven staff each participated in six, bi-annual trainings designed to provide team members with the knowledge and skills needed to successfully implement and sustain a CSHP. In the previous two years, district teams focused on implementing CSHPs while continuing to receive support and technical assistance from the ACS and the Indiana and Michigan Departments of Education and Health.

#### Implications and Impact

Now in their 4<sup>th</sup> year of *MICHIANA*, the 18 initial districts have experienced substantial successes:

| INDIANA   | MICHIGAN   |
|---|--|
| <ul style="list-style-type: none"><li>• Receipt of over \$10 million in grant funding.</li><li>• Implementation of policies limiting the sale of unhealthy foods in cafeterias and vending machines in 10 districts.</li><li>• Passage of tobacco-free campus policies in 10 districts.</li><li>• Creation of staff positions dedicated to CSHP in four districts.</li><li>• Initiation of a school breakfast program in 10 districts.</li><li>• Requiring the integration of physical activity throughout every school day in kindergarten through fifth grades in 10 districts.</li></ul> | <ul style="list-style-type: none"><li>• Receipt of over \$1.6 million in grant funding.</li><li>• Implementation of 5 district policies offering healthy vending choices and improving options in the cafeteria.</li><li>• Passage of 24/7 tobacco-free campus policies in 8 districts.</li><li>• Formation of 8 district-wide CSH councils and 26 CSH building level teams.</li><li>• Opening of three School-Based Health Centers.</li><li>• Implementation of <i>Michigan Model for Health</i><sup>®</sup> comprehensive school health education curriculum in eight districts.</li></ul> |

**Michigan and Indiana (continued)**

As a result of the success of the initial *MICHIANA Institute*, the Great Lakes ACS has committed to supporting a second five-year *Institute* that will reach approximately 20 new school districts. The success of *MICHIANA* has been due to the support and commitment of the partners involved. By pooling their financial and human resources, *MICHIANA* partners were able to have a greater impact in each state than any one partner could have accomplished alone.