



Supporting Michigan Schools to Promote Healthier Youth



In 2007, 12 percent of Michigan's high school students were obese, 70 percent did not attend daily physical education class and 83 percent ate fruits and vegetables less than five times daily. Fifty-one percent had ever tried cigarette smoking, and 18 percent smoked cigarettes during the past month.

Schools can help youth establish lifelong healthy behaviors, such as eating nutritious foods, being physically active, and avoiding tobacco use. CDC's coordinated school health (CSH) model provides a framework for using data, research findings, and planning to improve student health. Michigan's CSH program, supported through CDC funding, partnered with the American Cancer Society Great Lakes Region to conduct a five-year school health leadership institute. CDC funding provided scientific guidance and convened nationally recognized trainers to teach effective leadership skills. CDC identified training needs and facilitated partnerships to leverage resources and expertise.

Eight district teams participated in trainings to plan programs, use data to set priorities, integrate CSH into school improvement plans, develop policy, conduct

evaluations, and secure funding. Teams' successes include:

- Teams received more than \$1.6 million in state, local, and private grant competitions.
- Flint City District's Longfellow Middle School produced an exercise video featuring students and staff. The school broadcasts the video simultaneously to all classes three times each week. Students and staff take the 5-minute exercise break together.
- Jackson Public Schools secured funding from local business for healthy vending machines, and to provide bottled water for student and staff use.
- Houghton Lake Public Schools secured local funding and leveraged community resources to open a school-based health center that serves all school students in the district.
- All school buildings within participating districts have policies banning tobacco use on all school-owned property.

Because of the success of the initial institute and continued partnership support, a second leadership institute is planned for up to 10 additional school districts. To learn more about successes in CDC's Coordinated School Health Program, go to: <http://www.cdc.gov/healthyyouth/stories/index.htm>.



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