Project Healthy Schools Goals

- Eat more fruits and vegetables
- Make better beverage choices
- Include at least 150 minutes of physical activity each week
- Eat less fast and fatty food
- Spend less time in front of the TV and computer

Did you know?

- You can follow Project Healthy Schools on Facebook or @PHealthySchools on Twitter.
- In October, Jean DuRussel-Weston presented PHS research at both the American Public Health Assoc. Annual Meeting and the Society of Public Health Educators Conference in San Francisco.

BCBSM funds PHS in Marshall

Project Healthy Schools (PHS) kicked off in Marshall Middle School with a fun, school-wide event on September 6, 2012. On hand for the event were Michigan House Speaker Jase Bolger (R-Marshall) and representatives from Blue Cross Blue Shield of Michigan (BCBSM) which provided funding for the Marshall program.

Shannon Carney Oleksyk, a registered dietitian and healthy living advisor at BCBSM, said “Blue Cross Blue Shield of Michigan is committed to helping students establish healthy habits during this critical life stage, as they transition from childhood to adolescence, and that’s exactly what the PHS project does. By promoting healthier lifestyles through physical activity and healthy eating, we can help children improve their health, minimize the risk of diseases, and ultimately, reduce health care costs. Blue Cross Blue Shield of Michigan is proud to work with schools, parents and students to lead Michigan to a healthier future.”

Michigan House Speaker Jase Bolger was also on hand for the event and said, “When I first learned about similar programs that Blue Cross and the University of Michigan were running across the state to help fight childhood obesity, I wanted Marshall children to have the opportunity to benefit from them.” Speaker Bolger continued, “I am thrilled that these students will be armed with the tools needed to help them make healthy choices that will impact their quality of life. There are academic rewards as well, with studies showing that kids who are physically active and eat healthy foods do better in school.”

The program included an introduction by Marshall Schools’ Superintendent Dr. Randall Davis, a congratulatory message

(See Marshall on back page)
PHS shows lasting impact for lower-income community

The results of a PHS study done in Ypsilanti Middle School, a lower-income community with a median household income of $34,685, mirrored the results of a prior study of PHS in Ann Arbor’s middle schools, an affluent community. Both studies showed positive change among sixth-grade PHS participants that persisted through ninth grade. The Ypsilanti study showed sustained improvement in physiological measurements and sedentary behaviors, suggesting that the PHS program can be successful in influencing healthy behaviors and reducing long term cardiovascular risk in both affluent and lower-income communities.

For the study, data was collected from 238 Ypsilanti sixth-grade students, including their height, weight, lipid levels, blood pressure, heart rate, and a self-evaluation questionnaire of healthy eating and other lifestyle behaviors. Data was collected prior to beginning the PHS program, after completion of the program in the sixth grade and annually in the seventh, eighth and ninth grades.

After participating in PHS, Ypsilanti students reported increased participation in sports teams and a decrease in TV time and playing video games. The students’ physiological measurements total cholesterol and LDL cholesterol also improved. These improvements persisted through the ninth grade.

![Graph showing 6th Grade Baseline to 9th Grade Sedentary Behaviors & Cholesterol Among PHS Participants in Ypsilanti](image)

The results showed improvements in the students’ total cholesterol and LDL cholesterol that persisted through the ninth grade. Students also reported increased participation in sports teams and a decrease in TV time and video game playing.

This research was presented by Nicole Corriveau, research associate, at the November 2012 American Heart Association Scientific Sessions conference in Los Angeles.

PHS teaches garden-based nutrition at Camp Phoenix

Over 100 kids participated in Camp Phoenix, a summer camp put on by the Livonia YMCA, for students from the Detroit Leadership Academy with below-average grades or behavior issues. PHS staff taught garden-based nutrition lessons one full day each week during the six-week camp, with assistance from volunteer Mrs. Marlene Landry. Students learned about plant and human nutrition, seasonal foods, food groups, food measurement and basic food systems.

Clague Middle School wins $180K grant

Clague Middle School in Ann Arbor recently received a $180,000 Safe Routes to School (SRTS) grant to encourage students to walk and bike safely to school. The grant will be used to improve the infrastructure (sidewalks, crosswalks, etc.), implement pedestrian and bicycle safety education, host a bike rodeo and monthly walk/bike to school days and encourage children to develop active, healthy lifestyles. Washtenaw County Public Health led the submission of the grant application, working with the City of Ann Arbor and Clean Energy Coalition which will serve as implementation partners for the grant. PHS was instrumental in helping to build the engaged school and community team necessary for the successful SRTS grant application.

About 40 percent of Clague students walk or bike to school on specific walk/bike to school days. The SRTS grant will make it safer for kids to walk or bike to school on a regular basis.
PHS is in Detroit Public Schools!

For years, PHS had a goal of working in the Detroit Public Schools (DPS). With the takeover of the DPS by an emergency manager last year, it appeared attainment of this goal would have to wait. In late 2011, an opportunity to partner with Racquet Up, a grant funded organization that provides tutoring, mentoring and squash instruction at two DPS schools, gave PHS the entrée it needed. Last winter, PHS provided nutrition education for Racquet Up’s after school programs at International Prep Academy (IPA) at MacDowell (a DPS Authorized Charter School) and Schulze Academy. This summer PHS offered a two-week summer camp at IPA, followed by a full launch of the PHS program. PHS lessons and health screenings will begin at Schulze Academy early in 2013. AstraZeneca HealthCare Foundation is providing funding for PHS in both schools.

27 Participating PHS Schools

Ann Arbor Open School
Ann Arbor - Clague Middle School
Ann Arbor - Forsythe Middle School
Ann Arbor - Scarlett Middle School
Ann Arbor - Slauson Middle School
Ann Arbor - Tappan Middle School
Byron Middle School
Corunna Middle School
Detroit - Henry Ford Academy
Detroit - University Prep Academy Middle School
Detroit - University Prep Science & Math Middle School
Detroit - YMCA Detroit Leadership Academy
Detroit - International Prep Academy at MacDowell (a Detroit Public Schools’ Authorized Charter School)
Grand Blanc - East & West Middle Schools
Harper Woods - Tyrone Elementary School
Laingsburg Middle School
Marshall Middle School
Morrice Elementary School
Ovid-Elsie - E.E. Knight Elementary
Owosso Middle School
Owosso - St. Paul Catholic School
Perry Middle School
Royal Oak Middle School
Ypsilanti - Willow Run Intermediate Learning Center
Ypsilanti - Ypsilanti Middle School

1 In partnership with Memorial FIT Kids, funded by Memorial Healthcare Foundation in Owosso, Michigan.
2 In partnership with Beaumont Health System and Children’s Miracle Network.
3 In partnership with Blue Cross Blue Shield of Michigan.
4 In partnership with Greater Flint Health Coalition.

Grants and partnerships bring PHS to Grand Blanc

Thanks to support from the Dr. Robert C. and Veronica Atkins Foundation, PHS is partnering with the Greater Flint Health Coalition (GFHC) to bring Project Healthy Schools (PHS) to Grand Blanc East and West Middle Schools this year. West Middle School has completed teaching 10 PHS lessons to their sixth-grade students following a noisy kickoff in September. The district’s middle school physical education (PE) teachers were all trained in August and Kara Chiano, the sixth-grade PE teacher at West facilitated the lessons. Plans are to keep the momentum going by pulling together a school health team to assess the school environment, prioritize areas of interest and need, and establish a work plan. PHS staff will meet with the foodservice provider, too. In January, it’s Easts’ turn to experience PHS!

Seventh- and eighth-grade students will join in the fun as plans call for the GFHC to roll out its “Commit to Fit” program in conjunction with PHS. Genesys Health System, a GFHC member, was instrumental in introducing PHS to the GFHC and establishing this partnership. PHS is happy to be serving the Greater Flint area with our new partners.

Sara Pendleton, M.D. (left), pediatric medical director at Genesys Health System, was instrumental in bringing PHS to Grand Blanc. Shannon Fagan (right) from GFHC is helping to coordinate the PHS program in Grand Blanc.
to the school and the students for starting the program by Speaker Jase Bolger, a program overview with prizes for the audience by U-M Health Educator Lindsey Mitchell and a “guest appearance” by Principal Turner dressed in a carrot costume! The audience also participated in some fun physical activity by doing the “Cupid Shuffle” across the auditorium aisles. BCBSM concluded the assembly with a healthy living message and provided PHS cinch sacks for all sixth-grade students.

The kickoff event was followed by a PHS health screening on September 7th. This screening, which was funded by a gift from the Max and Lucille Cortright Marshall Education Foundation, included a finger poke to measure total cholesterol, HDL, LDL and glucose (optional), blood pressure, height, weight, heart rate, and a fitness test. Nearly 90 sixth-grade students (with parental consent) and five Marshall Middle School staff members (sixth grade staff and Principal Turner) participated in the screening. Results letters will be sent to the students’ homes and a follow-up screening will be scheduled for the spring.

An unusual competition took place on September 15 in a corner of Eastern Market’s Shed 5. The Next Urban Chef (NUC), an Iron-Chef-type competition is the culmination of a six-month food systems education program that was the brainchild of Detroiter and PHS Wellness Coordinator Alison Heeres.

The goal of the NUC program, which ran April through September, is to teach students to use whole foods and all food groups in their food choices. “It teaches them to make affordable, healthy meals in their own home and to support local agriculture,” says Heeres who is the main instructor for the program.

In 2011 eight students and two Detroit-area professional chefs participated in the NUC competition. The program expanded to 16 students (five from University Prep Math & Science High School) and four chefs in 2012. Each chef worked with a team of four students. The competition was judged, with each team preparing three dishes. Scores were based not just on the food, but also on the team’s ability to work together and their use of Michigan ingredients.

The Marshall school district and the community clearly support health and wellness initiatives for students. Several U-M alumni who live in Marshall were instrumental in bringing the program to Marshall, including Judge Frank Line, Marshall School Board President Vic Potter, and U-M Health System Government Relations Officer Rick Bossard. Support from Speaker Bolger was also crucial to the September implementation.