



Healthy Kids, Healthy Michigan

Advocates for Healthy Weight in Children

Impact of Quality Health and Physical Education

“Health and education go hand in hand: one cannot exist without the other. To believe any differently is to hamper progress. Just as our children have a right to receive the best education available, they have a right to be healthy. As parents, legislators and educators, it is up to us to see that this becomes a reality.”

- Healthy Children Ready to Learn: An Essential Collaboration Between Health and Education, 1992

Health education includes mental, social and emotional health; violence and bullying prevention; safety, including internet safety and child abuse prevention; nutrition and physical activity; alcohol, tobacco and other drug prevention; and disease prevention.

Academic outcomes resulting from *social and emotional learning* include greater motivation to learn and commitment to school, increased time devoted to schoolwork and mastery of subject matter, improved attendance, graduation rates and standardized test scores.

Lack of physical activity costs Michigan **\$8.9 billion annually** in medical care, insurance costs, workers compensation and lost productivity.

An annual investment of \$10 per Michigan resident for prevention programs could save Michigan more than \$545 million in five years, a return on investment of more than 5 to 1.

Improving health status improves educational achievement, which increases economic success.



School systems should require daily physical education for students allowing 150 minutes per week for elementary schools and 225 minutes per week for secondary schools.

Source: The Surgeon General’s Vision for a Healthy and Fit Nation 2010

