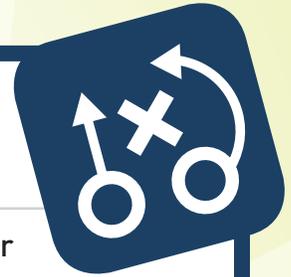


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GAME PLAN



Children ages 5-18 spend, on average, 7 hours a day in school or at school-related functions. What children are offered to eat, whether it's a school meal, a baked good offered during a classroom celebration, a 20-ounce drink from the vending machine, or a snack handed out after sports practice matters.

The health of our children has been negatively impacted by readily available, low-quality, high-calorie, less healthy food and beverages over the last 30 years. This change coincides with decreasing levels of physical activity and the rise in childhood obesity. Currently, 1 out of 3 children living in Michigan are overweight or obese. Being overweight or obese does not equate to being well-nourished. Nutrient deficiencies, such as Vitamin D, iron and Vitamin B12 are seen more frequently in obese and overweight children.¹⁻³ Today, children are being diagnosed with health conditions previously only seen in adults, such as insulin resistance, type 2 diabetes, high blood pressure, asthma, and high cholesterol.⁴

It's easy to forget about the serious nature and consequences of obesity and poor nutrition when it becomes so commonplace. Let's not forget that while making positive changes is important to reduce childhood obesity, it is also critical to improve the health of all children no matter what their shape or size.

The solution must include schools. Michigan schools reach more than 1.5 million children a day, over 180 days a year! The *Michigan Nutrition Standards* are about making healthy food and beverage choices easy choices for students at schools. In this tab you will find fact sheets and information that you can use to illustrate the importance of nutrition standards and to help you make the case for why it is vitally important to implement the *Michigan Nutrition Standards* at your school and in your district.

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