



Healthy Kids, Healthy Michigan

Advocates for Healthy Weight in Children

<http://www.healthykidshealthymich.com/>

If the childhood obesity epidemic continues, the current generation of children will be the first generation whose life expectancy will be shorter than their parents.

- New England Journal of Medicine, March 17, 2005

As many of us know, schools cannot achieve their primary mission of education if students and staff are not physically, mentally and socially healthy. The academic success of Michigan's youth is strongly linked with their health.

In order for Michigan students to become healthy, successful adults, we must teach them the skills needed to adopt healthy behaviors and attitudes. We must also provide a healthy school environment in which to practice those skills.



A Coordinated School Health Council (CSHC) is a coalition of individuals from within and outside of the school community interested in improving the health of local children and youth. CSHCs pull together people, within the district and community, who can coordinate efforts to make district-wide changes and improve the health of students and staff.

A state level infrastructure exists within Michigan, through the Michigan Department of Education and other state agencies and partners to support district CSHCs.

Please support Coordinated School Health Councils