



Healthy Kids, Healthy Michigan

Advocates for Healthy Weight in Children

Childhood Obesity in Michigan

- Nearly 1 in 3 children in Michigan, ages 10-17, are overweight or obese. This number of children would fill Ford Field to full capacity almost seven times
- Obesity in children, ages 6-11, has increased almost five times in the last 35 years.

Healthy Kids, Healthy Michigan is working to curb the childhood obesity epidemic in Michigan. One solution is school nutrition standards.

Nutrition Standards improve the nutritional quality of food and beverages. The Michigan Nutrition Standards address food and beverages offered and sold on the school campus including cafeterias as well as vending machines, concession stands, á la carte snack lines, school parties, school stores, and during after-school events.

Michigan schools reach over 1.5 million children a day, over 180 days a year.

50% of daily energy intake is consumed at school.

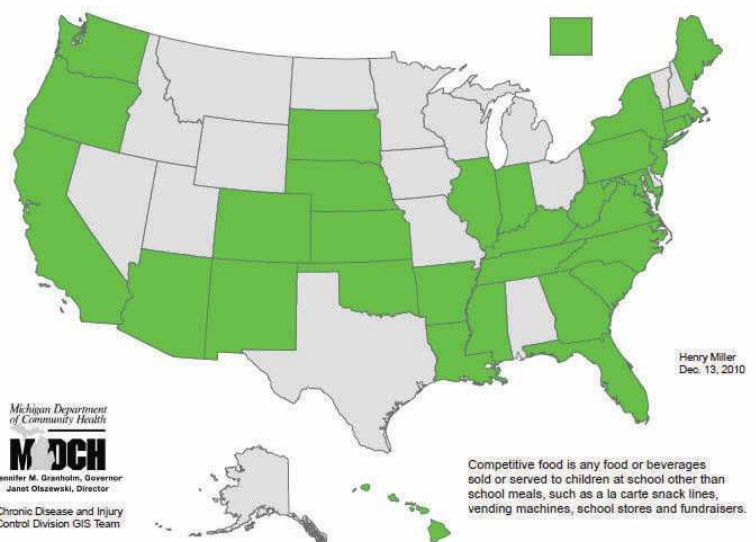
Return On Investment

Fit & healthy students in schools become adults with:

- Greater productivity
- Lower health care costs
- Less absenteeism

The *Michigan Nutrition Standards* emphasize colorful fruits and vegetables, whole grains, low fat dairy, beans, nuts and lean proteins.

States with laws on competitive foods* in schools



Currently, the Michigan Department of Community Health is working with school districts throughout the state to implement the Michigan Nutrition Standards. Data collected from “pilot” schools will be used to create a cost neutral model for all Michigan school districts. *Healthy Kids, Healthy Michigan* is supportive of MDCH’s efforts to find a way to bring healthy, fresh food to students at no additional cost to Michigan schools.