

Effectiveness of the *Michigan Model for Health*®:  
A Randomized Control Study  
**Fourth & Fifth Grade Results**



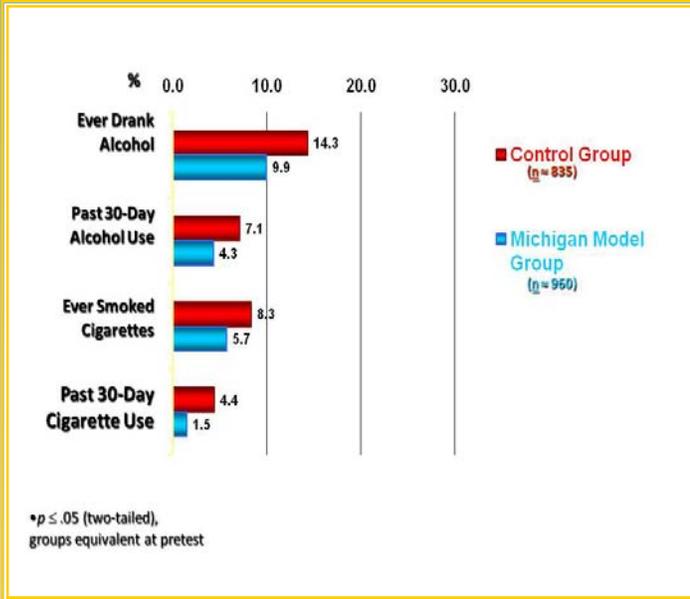
**OVERVIEW:**

- Largest study of its kind!
- Study done over three years, 2006-2008
- Over 2500 students, in 4th and 5th grades, and 300 teachers participated in this study
- 52 school buildings in Michigan and Indiana participated
- Fourth and fifth grade control group not given *Michigan Model*® or any other prevention programs
- Fourth grade and fifth program group implemented 25 *Michigan Model*® Lessons covering four units
- Students: 51% female, 54% Caucasian, and 26% African American
- School attrition rates were very low at 5%
- 91% of teachers reported that the *Michigan Model*® was well developed and well-received by students.

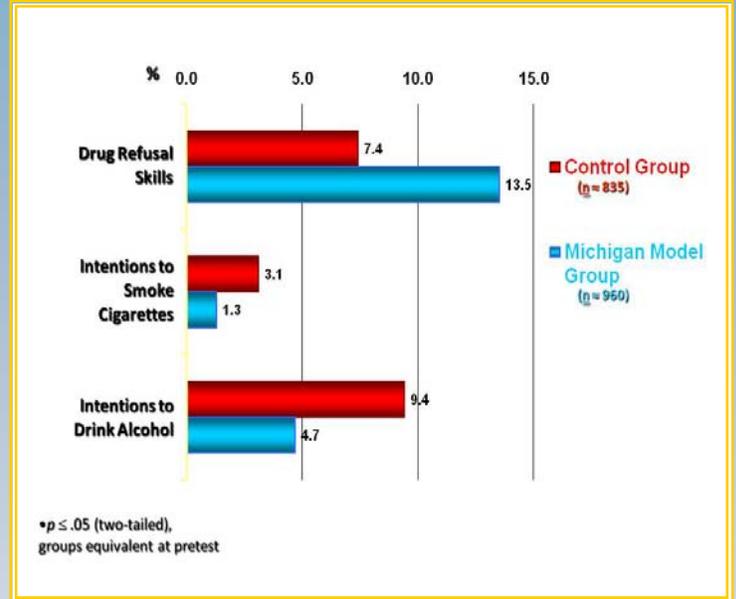
***Study Results***

- ⇒ **Better** interpersonal communication skills, social emotional skills, and self-management skills
- ⇒ **Lower** levels of aggressive behavior in the past 30 days
- ⇒ **Stronger** drug and tobacco refusal skills
- ⇒ **Later** age of first alcohol and cigarette use
- ⇒ **Less** reported alcohol and tobacco use in the past 30 days
- ⇒ **Reduced** intention to drink alcohol and smoke cigarettes
- ⇒ **...More results to come in 2010**

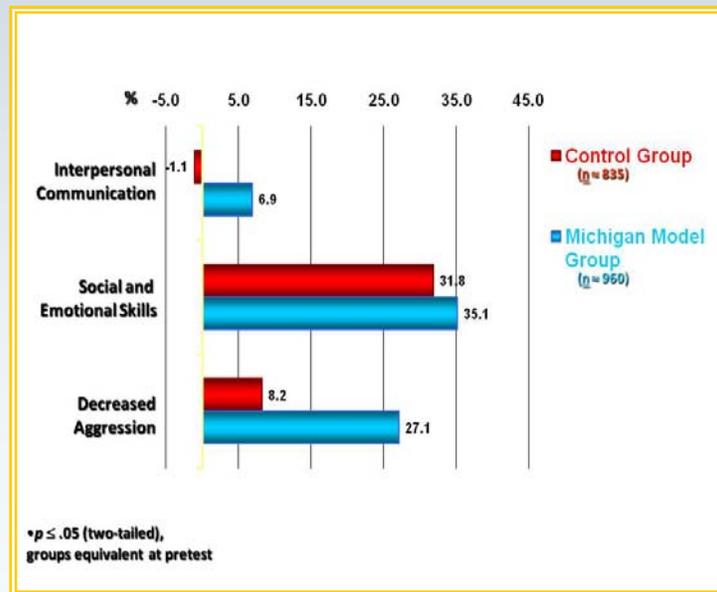
# Study Results: Percentage of Change from Grade 4 Pre-Test to Grade 5 Post-Test



**Prevented Alcohol and Tobacco Use**



**Improved Drug Refusal Skills**



**Improved Social-Emotional Health and Prevents Violence**

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For more information on Michigan Model® go to:

<http://www.emc.cmich.edu/mm/>

