

Invest in Effective Prevention Programs

Legislative support is needed to:

1. Support the Healthy Michigan Fund
2. Strengthen requirements for K-8 Physical Education and Health Education

Benefits to supporting coordinated school health programs:

- Economic
- Public Health
- Educational

Exemplary Physical Education Curriculum



EPEC is an award winning, K-12 curriculum aligned with the Michigan Content Standards for Physical Education. It teaches students the knowledge and skills they need to be active and fosters feelings of competence and confidence necessary to enjoy physical activity for a lifetime.

Benefits

- Physically fit students perform better academically.
- Children with lower Body Mass Index (BMI) are less likely to develop chronic diseases, such as type 2 diabetes and coronary heart disease as adults.
- Students who are more skilled at various physical activities are more likely to be active outside of school.
- Physically active children are more likely to become physically active adults.

Coordinated School Health Programs (CSHP) help students adopt healthy behaviors and attitudes, saving future medical costs.



Ultimate Goal: Michigan residents with the knowledge, skills and attitudes to build lifelong health and wellness.



Partnering for a Healthy Future

Michigan Model for Health®



Michigan Model for Health®, our state's nationally acclaimed, K-12 health curriculum, is aligned to Michigan Content Standards for Health Education. It increases students' positive health behaviors and involves families and communities in extending health learning beyond the classroom.

Benefits

- Students make better academic progress when they are healthy and feel safe at school.
- Students need information and support as they face health risks.
- Health education helps students grow up to be healthier, happier adults.
- Students acquire skills to improve their lifelong health, reducing health care costs.

We are here today representing:

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| Health educators | Comprehensive School Health Coordinators' Association (CSHCA) |
| Physical educators | Michigan Association for Health, Physical Education, Recreation and Dance (MAHPERD) Governor's Council on Physical Fitness, Health and Sports/Michigan Fitness Foundation |
| Support groups | College/University Students and Professors, Administrators, Parents |



Michigan Fitness Foundation
517-347-7891
www.michiganfitness.org



MAHPERD
517-347-0485
www.mimahperd.org



Comprehensive School Health
Coordinators' Association
517-541-8768 www.cshca.org