

Comprehensive Health Education

Health education helps prevent many of the issues that interfere with student success, such as obesity, aggression and other violent behavior, and drug and internet abuse.

In Michigan, the only requirement for health education is one semester in high school. Imagine if we taught other subjects this way!



How can Educational Outcomes improve without comprehensive health education?

- Children who are overweight miss as much as four times the amount of school as children of normal weight (Satcher, 2005).
- Students who get Ds or Fs are twice as likely to be obese, twice as likely to miss school because they felt unsafe, nearly four times as likely to have attempted suicide, and almost twice as likely to have been bullied at school as students who get As and Bs (Michigan YRBS, 2011).
- Students with low nutrient intake have more psychosocial problems and higher rates of absenteeism and tardiness than students with higher nutrient intakes (Keilman, R.E. et al., 2002).
- Adolescents with poorer general health were found to be less likely than healthier students to graduate from high school on time and attend college or post-secondary education (Hass, S. A. & Fosse, N.E., 2008).
- In a recent statewide poll of 600 likely voters, over 80% feel that kindergarten through 5th grade students should be required to have 15 hours of health education per school year and 6th–8th grade students should be required to have 50 hours per school year (EPIC-MRA, 2012).

There is a strong correlation between unhealthy behavior and academic failure.

—Sellers, 2013

Consider this...

- Academic outcomes resulting from social and emotional learning (SEL) include greater motivation to learn and commitment to school...and improved attendance, graduation rates, grades...(Zims, Payton, Weissberg, & O'Brien, 2007).
- Students who received the **Michigan Model for Health** curriculum showed significant, positive healthy changes compared to a randomized control group. The intervention group showed stronger social and emotional skills and reported less aggression (O'Neill, J.M. & Clark, J.K., 2009).

“I’m thrilled with the new Michigan Model for Health curriculum and its focus on goal setting! The kids really get it and are actually applying the skills to real life. They’ve landed jobs and have shared that during interviews, their prospective bosses were impressed with their effective listening and questioning skills.”

—Colleen, Health Teacher, 2014



Michigan Coordinated School Health Association
www.micsha.org



Health Education promotes social and emotional health, academic success, and lifelong healthy behaviors that impact the economy and public health of Michigan citizens.

How can our Economy thrive without comprehensive health education?

- Michigan's estimated medical costs for obesity in 2008 were \$3.1 billion and will continue to rise if action is not taken. By 2018, Michigan is expected to spend \$12.5 billion a year on obesity related health care. (*America's Health Rankings*, 2009).
- Annual health care costs directly caused by smoking add up to \$3.40 billion in Michigan. The state and federal tax burden from smoking-caused government expenditures is \$598 per household (*The Toll of Tobacco in Michigan*, Campaign for Tobacco Free Kids, 2011).

Consider this...

- An annual investment of \$10 per Michigan citizen for prevention programs could save Michigan \$545,400,000 in five years, or a return on investment of 5.4 to 1 (*Prevention for a Healthier America*, 2008).
- Improving health status improves educational achievement, which increases economic success (Martin, J. Ph.D., 2008).

“Without the help of health class, we would not have the guidance and common sense needed to keep our lives in order and be productive. Without health class, we would most likely be involved with sex, drugs, violence, and alcohol.”

—Garret, 7th grade student, 2010

How can Public Health improve without comprehensive health education?

- Obesity now affects 17% of all children and adolescents, triple the rate from just one generation ago (*Childhood Overweight and Obesity*, CDC, 2013).
- In a recent evaluation pre-test, almost 5% of fourth graders indicated tobacco use and almost 7% indicated alcohol use (O'Neill, J.M., & Clark, J.K., 2009).
- Every day 3,700 kids try their first cigarette, and another 1,000 become new regular, daily smokers (*2010 National Survey on Drug Use and Health*, 2011).

For the first time in history, we have a whole generation that has a shorter life expectancy than their parents.

—Center for Disease Control and Prevention

Consider this...



Michigan Model for Health®

is on the prestigious National Registry of Evidence-Based Programs and Practices because it is documented to reduce risk behaviors. Results from a recent study of over 500 sixth graders found that students who received **Michigan Model for Health** lessons on Nutrition and Physical Activity showed better outcomes in nutrition knowledge, healthy eating, and self-efficacy in nutrition and physical activity than comparable students who received no health lessons. In addition, **Michigan Model for Health** lessons on Social and Emotional Health boosted the outcomes for nutrition and physical activity.



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