

INTRODUCING

TOOLS FOR HEALTHY SCHOOLS

A GUIDE TO SCHOOL HEALTH IMPROVEMENT PROGRAMS

The Macomb County Health Department wants to support your school in helping students stay healthy through eating healthy foods and being physically active.

WHAT IS IT?

We developed a guide to introduce your school to three school-based health promotion programs that are **free or low in cost, easy to implement, and proven to be successful in changing behaviors and improving the school health environment.**

WHO IS IT FOR?

This guide allows schools to choose a program that works best for their needs, whether that be assessing the school health environment, assembling a school health team, and/or promoting healthy lifestyle behaviors. Each of the programs can be implemented in any public, charter, or private school, at any grade level (K-12).

HOW COULD IT HELP MY SCHOOL?

Healthy students are better learners. Simple strategies to keep students healthy can help your school meet education goals. Improved student health results in **decreased rates of absenteeism, fewer behavioral problems, and increased school-wide test scores and grades.**

WHERE DO I GET ONE?

Contact Emily Norton at 586-463-3021 or emily.norton@macombgov.org to receive a free printed booklet version. You can also visit our website at cha.macombgov.org to download an electronic copy of the guide.

Healthy School Action Tools



Fuel Up to Play 60



Smarter Lunchrooms



Health
Department

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