

## STATES JOIN FORCES TO EXPAND COORDINATED SCHOOL HEALTH

*Michigan and Indiana promote school health leadership for the benefit of students*

### Public Health Problem

- High school students in Indiana and Michigan engage in high rates of risk behaviors that compromise their health and academic performance, including smoking, eating unhealthy diets and getting too little physical activity.
- Coordinated school health programs give schools a framework to support students in adopting healthy behaviors.

### Program

The Indiana and Michigan Departments of Education and Health, and the Great Lakes American Cancer Society with support from the Division of Adolescent and School Health with the Centers for Disease Control and Prevention, worked together to develop the MICHIANA School Health Leadership Institute. Districts representing almost 150,000 students from about three hundred schools in the two states participated. The Indiana and Michigan Departments of Education and Health trained school district teams representing almost 150,000 students, resulting in new grant funding of over \$11 million, new school-based health centers, and new policies on vending, cafeteria options, tobacco use and physical activity (more...)

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- District teams participated in trainings over three years, gaining knowledge and skills for successful implementation and sustainability of coordinated school health programs.
- Ongoing support and technical assistance is provided by the Indiana and Michigan Departments of Education and Health and the Great Lakes American Cancer Society.
- A second Institute will reach approximately twenty new school districts.

Partnership enabled a greater **impact** in each state than partners could have accomplished by themselves:

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<b>IMPACT IN INDIANA</b>	<b>IMPACT IN MICHIGAN</b>
<ul style="list-style-type: none"><li>• Receipt of over \$10 million in grant funding</li><li>• Implementation of policies limiting the sale of unhealthy foods in cafeterias and vending machines in ten districts</li><li>• Passage of tobacco-free campus policies in ten districts</li><li>• Creation of dedicated staff positions dedicated in four districts</li><li>• Initiation of a school breakfast program in ten Districts</li><li>• Requiring the integration of physical activity throughout every school day in kindergarten through fifth grades in ten districts</li></ul>	<ul style="list-style-type: none"><li>• Receipt of over \$1.6 million in grant funding</li><li>• Implementation of policies offering healthy vending choices and improving options in the cafeteria in five districts</li><li>• Passage of tobacco-free campus policies in eight districts</li><li>• Formation of eight district-wide coordinated school health councils and twenty-six building level teams</li><li>• Opening of three school-based health centers</li><li>• Implementation of the <i>Michigan Model for Health</i><sup>®</sup> comprehensive school health education curriculum in eight districts</li></ul>

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**Contact:**

**Indiana:**

Suzanne Crouch  
Indiana Department of Education  
Phone: 317-232-9003  
[scrouch@doe.in.gov](mailto:scrouch@doe.in.gov)

Katherine Newland  
Indiana State Department of Health  
Phone: 317-233-1374  
[knewland@isdh.in.gov](mailto:knewland@isdh.in.gov)

**Michigan:**

Kyle Guerrant  
Michigan Department of Education  
Phone: 517-241-4284  
Email: [guerrantk@michigan.gov](mailto:guerrantk@michigan.gov)

Karen Krabill-Yoder  
Michigan Department of Community Health  
Phone: 517-335-8908  
Email: [yoderk@michigan.gov](mailto:yoderk@michigan.gov)