

Impact of Quality Health Education

The Problem

Health care costs and loss of productivity are costly.

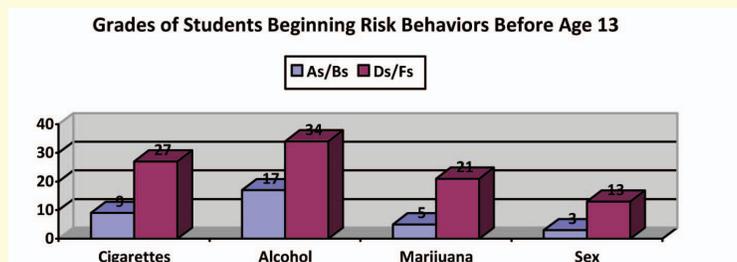
“Our vision for our nation’s schools is to ensure high standards of performance for every one of our children and prepare each child to succeed as a productive member of a democratic society. Educators throughout the country are striving to achieve this national priority. Yet how can every child succeed when so many reach the schoolhouse door with physical and mental health challenges that impede their ability to learn and compromise their likelihood of becoming healthy, capable adults?” (Policy Statement on School Health, Council of Chief State School Officers, 2004)

Economic Impact

- **U.S. businesses lose more than \$1 trillion a year in productivity due to chronic illness.** (Martin, J. PhD, 2008)
- **Smoking-caused productivity losses total more than \$90 billion per year in the U.S., not including losses from smokers taking more sick days than nonsmokers.** (Centers for Disease Control, 2005)
- **Tobacco use is the leading preventable cause of death in the United States, resulting in 400,000 premature deaths and costing the nation nearly \$100 billion in health care bills each year. These expenditures include \$65 billion under state and federal health care programs such as Medicaid, amounting to hidden tax of \$575 on every American household.** (University of California, San Francisco, PLoS Medicine, 2008)
- **Sixty percent of boys categorized as bullies in grades six through nine were convicted of at least one crime by the age of 24; 40 percent of boys who were bullies had three or more convictions by the age of 24.** (Fight Crimes: Invest in Kids, 2003)

Educational Impact

Students who have used alcohol, tobacco, or other drugs or had sex prior to age 13 are significantly more likely to get Ds or Fs than students who have not done so.



Source: 2007 Michigan Youth Risk Behavior Survey, online at http://www.michigan.gov/mde/0,1607,7-140-28753_38684_29233_41316---,00.html

Asthma is the leading cause of school absenteeism; three children in an average classroom have asthma.

(Centers for Disease Control)

160,000 students miss school every day due to fear of attack or intimidation by a bully. (Grammar, K. & Vij, V., 2004)

Students with poor nutrition and low levels of physical fitness are more likely to be absent and tardy.

(Archives of Pediatric Adolescent Medicine, 1998)

Public Health Impact

- **For the first time in history, we have a whole generation that has a shorter life expectancy than their parents.** (Centers for Disease Control)
- **The average child spends nearly 45 hours a week with television, movies, magazines, music, the Internet, cell phones, and video games.** They spend only 17 hours with parents and 30 hours in school. Research has found strong connections between media exposure and childhood obesity, tobacco use, and early sexual behavior. (National Institutes of Health and Yale University, 2008)
- **Only 17% of high school students reported eating 5 or more servings of fruits and vegetables each day during the previous week.** (Michigan YRBS, 2007)
- **One in three Michigan high school students was in a physical fight one or more times in the past year.** (Michigan YRBS, 2007)
- **One in five pediatric emergency room visits is asthma related.** (Centers for Disease Control)
- **Every day, 4,000 kids try their first cigarette, and another 1,000 become new, regular, daily smokers.** (2006 National Survey on Drug Use and Health, 2007)

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The Solution

Equip all students to be healthy and productive!

Health education teaches mental, social and emotional health; violence and bullying prevention; safety, including internet safety and child abuse prevention; nutrition and physical activity; alcohol, tobacco and other drug prevention; and disease prevention.

Economic Impact

- For an annual investment of \$10 per Michigan citizen for prevention programs, Michigan's net savings would be \$545,400,000 in five years, or a return on investment of 5.4 to one.
- Improving health status improves educational achievement, which increases economic success. (Martin, J. PhD, 2008)

Educational Impact

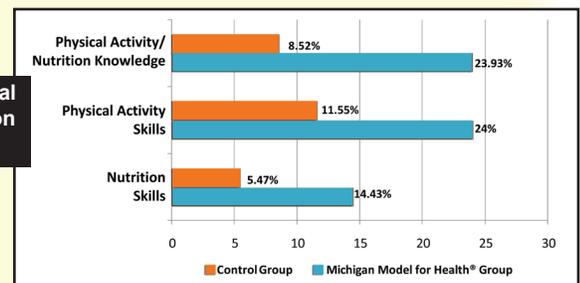
- The classroom that taught the communicable disease prevention lessons in the *Michigan Model for Health* and practiced hand-washing before lunch had the lowest absenteeism rate of the entire school. (Griffin Elementary, Grand Haven, 2002)
- The reading and math scores of third and fourth grade students who received comprehensive health education were significantly higher than those who did not receive health education. (Schoener et al., 1988)
- Teaching a student to be health literate produces a critical thinker and problem solver; a responsible, productive citizen; a self-directed learner; and an effective communicator. (Joint Committee on National Health Education Standards, 1995)
- An average student enrolled in a social and emotional learning program ranks at least 10 percentile points higher on achievements tests than students who do not participate in such programs, has better attendance and more constructive classroom behavior, likes school more, and has a better grade point average, and is less likely to be suspended or otherwise disciplined. (Shriver & Weissberg, Collaborative for Academic, Social, and Emotional Learning, 2005)
- Increased grade point average results when students attend schools with a coordinated school health program. (Hawkins et al., 1999)
- "Schools perform better when students have fewer health risks, such as drug use or poor nutrition, and more protective factors like caring relationships within schools."

(California Healthy Kids Survey, 2006)

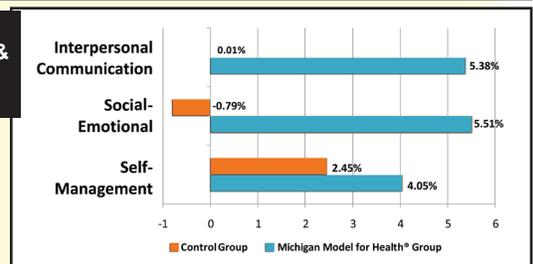
Public Health Impact

- Fourth grade students who received the *Michigan Model for Health* lessons had enhanced physical activity and nutrition skills, better social-emotional and self-management skills, improved safety attitudes, stronger drug and tobacco refusal skills, and less alcohol and tobacco use than those who didn't. (O'Neill, 2008)

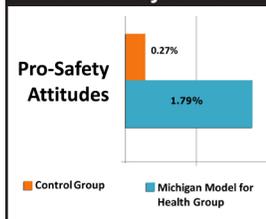
Enhanced Physical Activity & Nutrition Skills



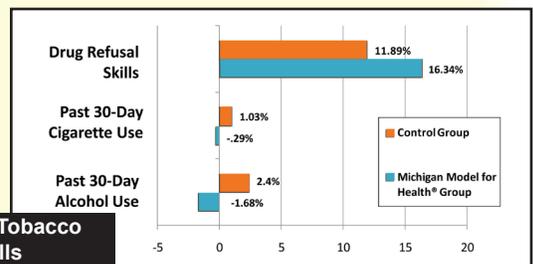
Better Social-Emotional & Self-Management Skills



Improved Pro-Safety Skills



Stronger Drug & Tobacco Refusal Skills



- Students who received the nutrition lessons from the middle school *Michigan Model for Health* were significantly more likely to eat fruits and vegetables and less likely to eat "junk food" than students in the control group. (Journal of School Health, 2008)
- Nearly 200,000 deaths a year could be prevented by eliminating education-associated excess mortality; only 30,000 could be prevented by medical advances. (Martin, J. PhD, 2008)
- Risk of stroke decreases by 11 percent for each additional portion of fruit and 3 percent for each additional portion of vegetables per day. (Dauchet, 2005)

