



A Multi-Level Focus On School Health

- Enhancing curriculum, instruction, and teacher professional development in physical education and nutrition education.
- Increasing opportunities for students to eat healthy at school.
- Increasing opportunities for students to be active before, during and after school.
- Ensuring that programs are inclusive and culturally relevant.
- Facilitating youth leaders to drive healthy school policies and programs.
- Providing family education and support for at-home physical activity and healthy eating.
- Forging partnerships to extend school health transformations to communities.



Center for School Health Partners & Funders



**For more information about the
Center for School Health contact:**

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Mission Transform PreK-12 schools to improve the health of young people and their families in the areas of **physical activity** and **healthy eating** opportunities and education.

coe.wayne.edu/centerforschoolhealth





CENTER FOR School Health

Focus

The Center improves youth health through school-based programs by designing, implementing and evaluating programs that drive changes in knowledge, awareness and behaviors related to physical activity, nutrition education, and healthy eating for students, families and communities.

Background

The Center grew out of work led by Drs. Nate McCaughtry and Annie Murphy working to create healthier schools throughout Michigan since the early 2000's. Together, they have obtained over \$24 million in funding to improve the health of Michigan students. The expertise of the Center Faculty lies in the areas of grant writing and administration, program design and implementation, curriculum development, teacher professional development, evaluation planning and development, data collection and analysis and program reporting and marketing.

Staff

The center is comprised of an interdisciplinary group of research fellows from diverse areas within Wayne State University. Fellows and associates include: Dr. Nate McCaughtry, Dr. Annie Murphy, Dr. Mariane Fahlman, Dr. Jeff Martin, Dr. Bo Shen, Dr. Noel Kulik and Dr. Suzanna Dillon and Mr. Ron Simpkins.

Signature Programs

- **Detroit Healthy Youth Initiative** is a ten-year federally-funded partnership between WSU and the Detroit Public Schools (DPS) to increase the health of Detroit youth by improving the quality of physical activity and nutrition education throughout the district. The initiative conducts four streams of activities based on a school-wide approach to health enhancement: physical education program development (specific focus on culturally-relevant lifetime wellness curricula); nutrition education reinforcement in health education; interdisciplinary nutrition education (integrating nutrition education in health and physical education, social studies and language arts classes); and, the formation of Physical Activity Clubs, which provide students with opportunities to be active and learn about healthy eating beyond the school day.
- **Building Healthy Communities** is a new partnership between the WSU Center for School Health and Blue Cross Blue Shield of Michigan aimed at improving the physical activity and healthy eating of elementary school students throughout the core urban centers of Michigan. Building Healthy Communities employs a comprehensive school physical activity and nutrition education approach by infusing healthy lifestyle promotion, education and opportunities through administrator engagement, student healthy school policy teams, physical education program development, after-school activity programs, active recess, healthy classroom and media center programming, and school-wide parent engagement events.

Services to Promote Healthy Schools

Center staff offer consultation and support services to schools and their partner organizations with the goal of improving youth health behaviors and school health environments including:

- Program Design and Implementation
- Evaluation Plans and Instrument Development
- Data Collection Plans; Data Analysis and Summaries
- Teacher Professional Development and Training
- Curriculum Development or Modification
- Project Reporting and Marketing
- Grant Writing and Administration