



Commit to Fit! Project Healthy Schools Program



Project Healthy Schools is a middle-school based program (originally developed by the University of Michigan in 2004) that is designed to reduce childhood obesity and its long-term consequences. The program encourages life-long healthy habits through education, environmental change, and measurement. *Commit to Fit*, a community-wide health behavior improvement program that is now being utilized by over 340 different organizations in Genesee County, has created a new partnership program with Project Healthy Schools.

Together, the GFHC's Commit to Fit! Project Healthy Schools Program provides middle-school focused education and environmental change that is evidence-based, while offering health resources, incentives, an interactive health behavior tracking website and much more to middle schools.

Commit to Fit! Project Healthy Schools Goals:

- Eat more fruits and vegetables
- Be active every day
- Eat less fast and fatty foods
- Make better beverage choices
- Spend less time in front of a screen

Goals are emphasized through:

- A series of ten hands-on learning activities delivered in the classroom for 6th graders
- A Commit to Fit! Healthy Habits Challenge between classes in 6th, 7th, and 8th grades
- School-wide wellness activities and events
- Healthier food service and beverage options
- Bulletin board displays promoting wellness throughout the school/cafeterias
- Communication with staff and parents/families
- Formation of a school wellness team (administrators, teachers, food service, parents, and students)
- Measurement of outcomes is conducted pre-program for 6th graders, with re-measurement in grades 7 and 8



Middle school students are able to monitor their health behaviors in these areas via the Commit to Fit! website,

Why this program is needed in Genesee County / Flint middle schools:

- 70% of obese adolescents become obese adults
- 2011 data shows that 71% of Genesee County residents are either obese or overweight
- Schools have direct contact with more than 95% of our young people age 5-17, and evidence is mounting that kids who eat well and are active are better equipped to do well in school, improving test scores and attention
- Middle school is a transitional age for children, with more independence in food choices (in and out of school)

2014-2015 COMMIT TO FIT! PROJECT HEALTHY SCHOOLS PROGRAM IMPLEMENTATION

Carman-Ainsworth Middle School – Year 2

Grand Blanc West Middle School – Year 3

Grand Blanc East Middle School – Year 3

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