

POWERING STUDENTS TO BE HEALTHY

What do students need to be ready to learn, emotionally and physically healthy, and contributors to the community?

HEALTHY EATING



A healthy, nutritious diet to improve neurocognitive development of children.



Almost **25%** of U.S. children are food insecure, up from 14% since COVID.



62% of students do not eat a daily breakfast.

PHYSICAL ACTIVITY



Physical activity to boost cognitive functions.

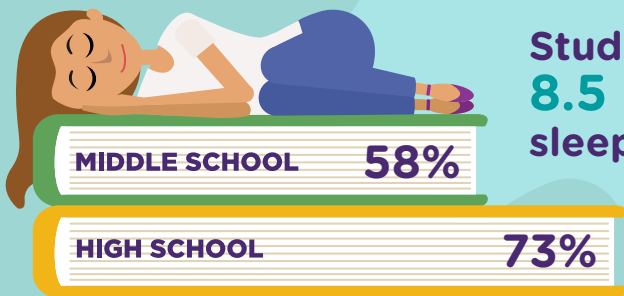


About **1 in 4** students get the recommended 60 minutes of daily physical activity.

SLEEP



Adequate sleep to reduce risk of diabetes, obesity, and poor mental health.



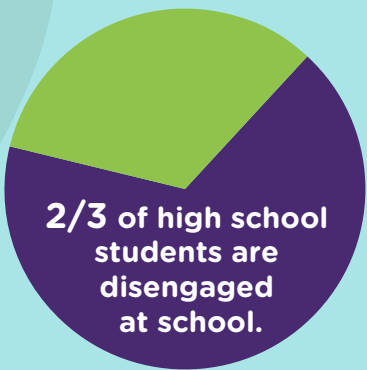
Students lose **8.5 hours** of sleep per week.

% of students who lack sufficient sleep to be healthy, safe and academically successful.

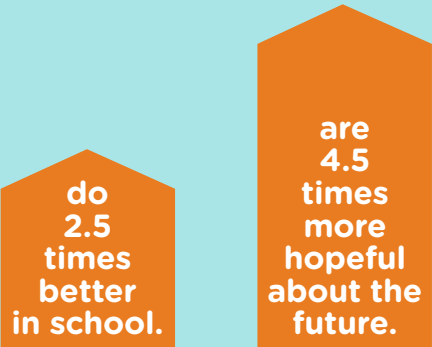
EMOTIONAL WELL-BEING



Social and emotional support to improve physical and cognitive abilities.



ENGAGED STUDENTS...



Source: Healthier School Communities: What's at Stake Now and What We Can Do About It.

POWERING STUDENTS TO BE HEALTHY

Healthier school communities help students stay powered up and ready to learn. The RETURN ON INVESTMENT in healthier schools can be significant.



STUDENT DIVERSITY

Honor needs of a growing, diverse student population.



WHOLE CHILD EDUCATION

Prioritize student-centered, whole child learning approaches.



EMPOWERED, CONNECTED YOUTH

Connect, engage, and involve with students in changes.



PHYSICAL ACTIVITY

Build healthy habits to prevent chronic diseases.



SLEEP

Create schedules to help students get enough sleep.



SCHOOL MEALS

Provide school breakfast to all students.



SUSTAINABLE FOOD SYSTEMS & DIETS

Teach students where food comes from and how it's produced.



SOCIAL-EMOTIONAL LEARNING

Invest in SEL programs for all students.

Here's what's needed