

The power of healthy communities

HEALTHPARTNERS SCHOOL CHALLENGE



The science is clear

- Habits formed in childhood last a lifetime
- Eating at least five fruits and veggies and being physically active every day is the best way for kids to be healthy
- Healthy students are better learners and academic success is strongly linked to good health in adulthood

But, a majority of fifth graders:

- Eat fruit once a day or less
- Eat veggies once a day or less
- Are not physically active for at least one hour on most days

Source: 2016 Minnesota Student Survey, Minnesota Department of Health

The solution: Partner with schools to make a difference

Since 2012, HealthPartners has partnered with schools in Minnesota and western Wisconsin on a fun-filled, three week School Challenge program. It encourages students from kindergarten through fifth grade to try to eat five fruits and veggies and to be physically active every day.

Reaching low-income families

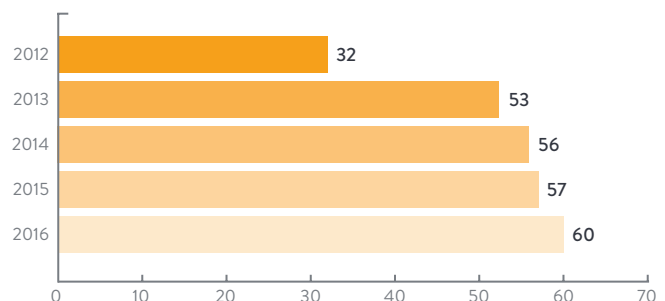
At nearly half of the schools that participate in the School Challenge, at least one-third of families qualify for free and reduced lunch.

2015-2016 SCHOOL CHALLENGE

SCHOOL DISTRICT	NUMBER OF SCHOOLS
Amery	2
Chanhassen	1
Hudson	8
Minneapolis	8
New Richmond	5
Osceola	1
Private, charter	1
Sauk Rapids-Rice	2
Somerset	2
Stillwater	11
St. Louis Park	1
St. Paul	9
White Bear Lake	9

SCHOOL CHALLENGE: PARTICIPATING SCHOOLS

HealthPartners School Challenge reaches more than 20,000 students each year.





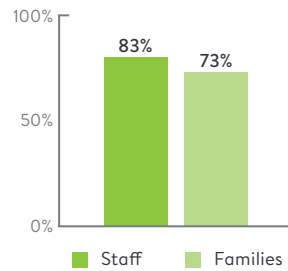
HealthPartners Power Pack family magazine



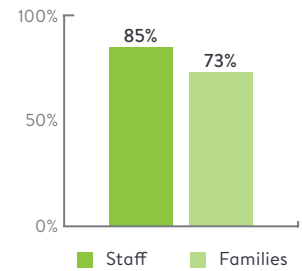
HealthPartners A-Z fruits and veggies poster

Results: More fruits and veggies

KIDS SHOW MORE INTEREST IN TRYING OR EATING FRUITS AND VEGGIES*



KIDS EAT MORE FRUITS AND VEGGIES



*1,098 survey respondents include 545 teachers and 553 families

“It’s clear that there is a strong link between health and well-being early in life, and health and well-being later in life. That’s why we are working to improve the health of children and families through our Children’s Health Initiative.”

Mary Brainerd
HealthPartners President and CEO



Creating school change

Schools in the east metropolitan area are going even further to create a culture of health at school and in the community. Schools focus on evidenced-based strategies to make lasting change. Here are some examples of what schools are doing:

- Use physical activity as a reward
- Reduce or eliminate sugary beverages in school and at school events
- Include a physical activity break in classrooms every day
- Limit screen time to school work
- Promote activity-based celebrations, fundraisers and events

