



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

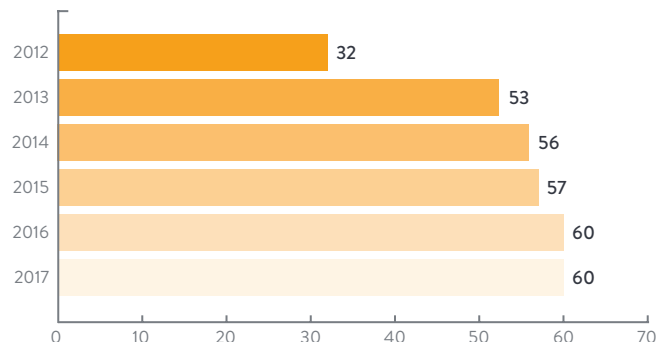
At nearly half of the schools that participate in the School Challenge, at least one-third of families qualify for free and reduced lunch.

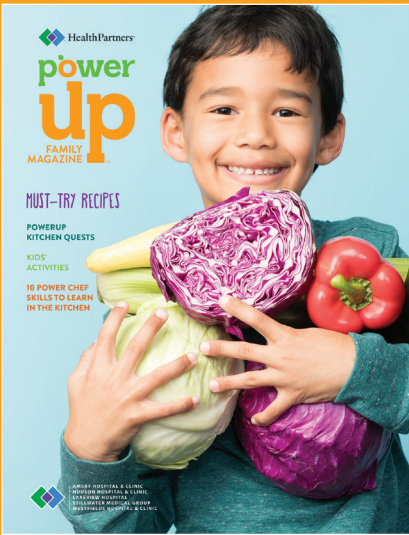
2016-2017 SCHOOL CHALLENGE

SCHOOL DISTRICT	NUMBER OF SCHOOLS
Amery	2
Carver	1
Chanhasen	2
Chaska	1
Hudson	6
Mahtomedi	2
Minneapolis	5
New Richmond	3
Private and Charter	9
Sauk Rapids	2
Somerset	1
St. Paul	8
Stillwater	3
White Bear Lake	9

SCHOOL CHALLENGE: PARTICIPATING SCHOOLS

HealthPartners School Challenge reaches more than 25,000 students each year.





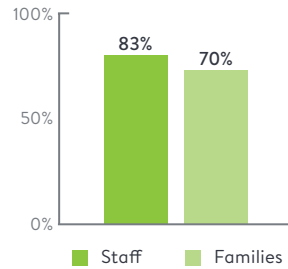
HealthPartners PowerUp family magazine



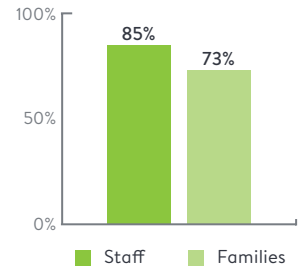
HealthPartners A-Z fruits and veggies poster

Results: More fruits and veggies

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



KIDS EAT MORE FRUITS AND VEGGIES



*1,381 survey respondents include 586 teachers, 735 families and 60 schools.

“Healthy habits are formed at an early age and have a big impact on a child’s health, well-being, and ability to learn. Through our partnership with schools and families, we’re making a difference together.”

Andrea Walsh
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

