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.
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

Results: More fruits and veggies

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<tr>
<th>KIDS SHOW MORE INTEREST IN TRYING OR EATING FRUITS AND VEGGIES*</th>
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*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