

# UPMC Children's Hospital of Pittsburgh Division of Community Health

## Healthy Schools Program

### Overview

Healthy Schools is a program of the Alliance for a Healthier Generation, locally managed by UPMC Children's Hospital of Pittsburgh and implemented with regional school partners. It is an evidence-based initiative that helps schools create a culture where healthy eating, physical activity, and social-emotional wellbeing are the norm.

### Why Healthy Schools are Important

Schools play a critical role in promoting the health and safety of young people and in helping them establish lifelong healthy behaviors. Aside from their homes, children spend more time at school than any other place. Healthy students attend school more often, achieve higher grades and test scores, and are more likely to graduate on time.<sup>1</sup>

### How UPMC Children's supports Healthy Schools

- Provides technical assistance and training to help schools initiate best practices
- Identifies hospital resources to address students' specific health needs
- Offers professional development opportunities for school faculty and staff
- Engages community partners to elevate schools' health and wellness efforts
- Awards mini-grants to initiate sustainable, school wide changes

### Impact

Investing in physical activity, healthy school meals and other key aspects of healthy schools promotes student health and achievement, and a positive school culture. Through policy, system and environmental change, the Healthy Schools Program enables schools to become healthier places for students and staff.

### About UPMC Children's Hospital of Pittsburgh Community Health

Children's Hospital of Pittsburgh Community Health works together with hospital, other healthcare, and community partners to improve health outcomes, reduce health disparities, and elevate quality of life for children and families in the communities where they live, learn, work and play.

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<sup>1</sup> National Center for Chronic Disease Prevention and Health Population, Division of Population Health. Health and Academic Achievement. [http://www.cdc.gov/healthyyouth/health\\_and\\_academics/pdf/health-academic-achievement.pdf](http://www.cdc.gov/healthyyouth/health_and_academics/pdf/health-academic-achievement.pdf)