Healthier Students Are Better Learners

Research on health & academic achievement

Over 25 years of research

70+ literature reviews & over 800 unique studies demonstrate the association

Schools are an ideal place for students to practice healthy behaviors

Over 130,000 schools in the U.S. reach over 78 million students

Together we can improve the health of children and adolescents

Centers for Disease Control and Prevention
National Center for Chronic Disease Prevention and Health Promotion