

# 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

