

MICHIANA (Michigan and Indiana)

Expanding Coordinated School Health Programs Across Michigan and Indiana

Problem Overview

According to results from the 2005 Youth Risk Behavior Survey, high school students in Indiana and Michigan continue to engage in high rates of risk behaviors:

- 15% of Indiana students and 12% of Michigan students were overweight.
- Only 15% of students in Indiana and 17% in Michigan ate fruits and vegetables at least five times per day.
- 60% of students in Indiana and 52% in Michigan had ever tried a cigarette.

Coordinated School Health Programs (CSHPs) provide schools with a framework to help encourage and support students in adopting healthy behaviors. To ensure that school districts receive the training and support needed to develop, implement, and sustain CSHPs, the Great Lakes American Cancer Society (ACS), Indiana's Departments of Education and Health, and Michigan's Departments of Education and Health worked together to develop the *MICHIANA School Health Leadership Institute*.

Program/Activity Description

Started in 2004 with support from CDC and ACS, *MICHIANA* is a 5-year initiative designed to replicate the success of earlier ACS National School Health Leadership Institutes in developing sustainable local CSHPs. Ten districts from Indiana and eight from Michigan were selected to participate in *MICHIANA*. During the first 3 years of *MICHIANA*, district teams participated in bi-annual trainings to provide team members with the knowledge and skills needed to successfully implement and sustain a CSHP. In the last 2 years, district teams focused on implementing CSHPs.

Program/Activity Outcome

MICHIANA successes include:

INDIANA	MICHIGAN
<ul style="list-style-type: none"> • Received more than \$10 million in grant funding. 	<ul style="list-style-type: none"> • Received more than \$1.6 million in grant funding.
<ul style="list-style-type: none"> • Implemented policies limiting the sale of unhealthy foods in cafeterias and vending machines in 10 districts. 	<ul style="list-style-type: none"> • Implemented policies offering healthy vending choices and improved cafeteria options in five districts.
<ul style="list-style-type: none"> • Passed tobacco-free campus policies in 10 districts. 	<ul style="list-style-type: none"> • Passed 24/7 tobacco-free campus policies in eight districts.
<ul style="list-style-type: none"> • Required integration of physical activity throughout every school day in grades K–5 in 10 districts. 	<ul style="list-style-type: none"> • Implemented Michigan Model for Health[®] comprehensive school health education curriculum in eight districts.

Because of the success of the initial *MICHIANA Institute*, the Great Lakes ACS has committed to supporting a second 5-year *Institute* that will reach approximately 20 new school districts. By pooling their resources, *MICHIANA* partners had a greater impact in each state than any one partner could have accomplished alone.

