

# Health & Academics

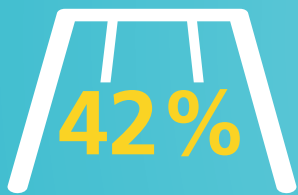
Healthier students are better learners and schools are a unique environment to shape the health and well-being of all children. Incorporating physical activity and good nutrition into the school day is an investment into the future of successful and healthy communities.



**180 DAYS** OF A CHILD'S YEAR is spent in school.<sup>3</sup>

**ONLY 20%**

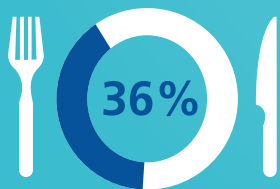
of schools **require** daily **recess**.<sup>4</sup>



of a child's **physical activity** occurs during **recess**.<sup>5</sup>



children are **not active** every day.<sup>6</sup>



of teens eat **breakfast** everyday.<sup>9</sup>

Why focus on **healthy eating** and **physical activity** in schools?

- **8 out of 10 students** believe that P.E. is important to their **school experience**.<sup>7</sup>
- Students who drink **soda** at least once a day, earn **lower grades** than those who do not.<sup>8</sup>
- Students need **60 minutes** of **physical activity** each day.<sup>2</sup>
- Brief **physical activity breaks** during class are associated with **improved attention** in class.<sup>1</sup>

Eating **breakfast** is associated with:

- **higher grades** and **standardized test scores**;
- **less student absences**;
- **improved memory** and **attentiveness**.<sup>10</sup>

## Sources:

- (1) [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)
- (2) <http://www.choosemyplate.gov/physical-activity-amount>
- (3) <http://www.ecs.org/clearinghouse/95/05/9505.pdf>
- (4) <http://www.letsmoveschools.org/assets/lmas-partner-infographic.pdf>
- (5) <http://www.nvif.org/content/dam/farm/reports/reports/2007/nvif18060>
- (6) [http://www.cdc.gov/healthyyouth/data/yrbstrends/2015\\_us\\_physical\\_trend\\_yrbs.pdf](http://www.cdc.gov/healthyyouth/data/yrbstrends/2015_us_physical_trend_yrbs.pdf)
- (7) <http://www.shapeamerica.org/events/speakoutday/upload/2016-PE-Health-Student-Success.pdf>
- (8) [http://www.cdc.gov/healthyyouth/health\\_and\\_academics/pdf/physical\\_inactivity\\_unhealthy\\_weight.pdf](http://www.cdc.gov/healthyyouth/health_and_academics/pdf/physical_inactivity_unhealthy_weight.pdf)
- (9) [https://www.cdc.gov/healthyyouth/data/yrbstrends/2015\\_us\\_obesity\\_trend\\_yrbs.pdf](https://www.cdc.gov/healthyyouth/data/yrbstrends/2015_us_obesity_trend_yrbs.pdf)
- (10) <http://www.newenglanddairyCouncil.org/media/The-Wellness-Impact-Report.pdf>



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