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FOR IMMEDIATE RELEASE

80 Michigan schools to join innovative health and wellness-based *Building Healthy Communities* program

Public, private partnership with proven results in children's health expands in Michigan schools

DETROIT, Nov. 20, 2017— Eighty Michigan schools statewide, representing grades K-12, were chosen to join the *Building Healthy Communities: Step Up for School Wellness* program that supports children's health by providing students, teachers and administrators with the necessary tools to create a healthier school environment.

Schools were invited to apply for *Building Healthy Communities: Step Up for School Wellness* in August, one of the three programs under the successful *Building Healthy Communities* program. This program provides students, teachers and administrators with the training, curriculum, equipment, funds, communication tools and external coaches needed to create a healthy school environment that supports a culture of wellness. Step Up for School Wellness is flexible to meet the diverse needs of school buildings across the state.

Building Healthy Communities is supported by multiple statewide organizations, including Blue Cross Blue Shield of Michigan, Michigan Department of Health and Human Services, Michigan Department of Education, Michigan Fitness Foundation, Michigan State University Extension, Michigan Team Nutrition, United Dairy Industry of Michigan, the University of Michigan, Wayne State University Center for Health and Community Impact and Action for Healthy Kids.

"We are proud to continue our strong partnership with Blue Cross Blue Shield of Michigan in further implementing this program statewide," said Nick Lyon, Director, Michigan Department of Health and Human Services. "Together with our various and knowledgeable partners, we're committed to the investments we are making in the lives of Michigan's children and to creating a healthier future for our state."

Participating schools choose at least one physical activity and at least one nutrition component from the following: classroom physical activity breaks, active recess, quality physical education, walk-n-run fun, healthy out-of-school time, healthy smoothies, smarter lunchrooms, healthy parties and celebrations and nutrition education.

"The *Building Healthy Communities: Step Up for School Wellness* programming has empowered students in participating schools across the state to start thinking about their wellness choices more and practice making healthy choices during the school day," said Lynda Rossi, executive vice president, Strategy, Government and Public Affairs for Blue Cross. "We are working together with schools to teach future

generations the importance of healthy eating and daily physical activity to establish habits that can last a lifetime.”

Building Healthy Communities has been embraced by more than 600 schools across the state, helping over 270,000 students develop better habits and live healthier lives. It supports Blue Cross’ ongoing commitment to children’s health and its #MIKidsCan campaign – an initiative focused on encouraging kids to adopt healthy habits early in life that are more likely to be carried into adulthood. Over the last 11 years, Blue Cross has given more than \$6.5 million in support of kids’ health and wellness initiatives across the state. For more information on Blue Cross’ ongoing efforts to help improve childhood health, visit

AHealthierMichigan.org/mikidscan or follow #MIKidsCan on Twitter.

The schools receiving the *Building Healthy Communities: Step up for School Wellness* program include:

Allen Park Community School	Allen Park
Anderson Middle School	Berkley
Barryton Elementary School	Barryton
Bert Goens Learning Center	Lawrence
Betsie Valley School	Thompsonville
Bishop Kelley Memorial School	Lapeer
Bloomingtondale Elementary School	Bloomingtondale
Cass City Elementary School	Cass City
Charlton Heston Academy	St. Helen
Chikaming Elementary School	Sawyer
Climax-Scotts High School	Climax
Comstock STEM Academy	Kalamazoo
Covert High School	Covert
Covert Elementary School	Covert
Daisy Brook Elementary School	Fremont
Davis Middle School	Hillsdale
Detroit Service Learning Academy	Detroit
Dudley School	Battle Creek
Dundee Elementary School	Dundee
Fancher Elementary	Mount Pleasant
George Crockett Academy	Detroit
Glencairn School	East Lansing
Gobles Elementary School	Gobles
Greater Lansing Islamic School	East Lansing
Greyhound Intermediate School	Eaton Rapids
Highlands School	Grand Rapids
Holy Ghost Lutheran School	Monroe
Hope Academy of West MI Charter School	Grand Rapids
Hope Middle School	Holt
Inland Lakes Elementary School	Indian River
International Academy at Hull	Benton Harbor
Ishpeming Middle/High School	Ishpeming
Julian O. Strong Middle School	Melvindale

King-Westwood Elementary School	Kalamazoo
Lake Superior Academy	Sault Ste Marie
LaMora Park Elementary	Battle Creek
Lighthouse Education Center	Saint Joseph
Loyola High School	Detroit
Lyle A. Tarrant Center	Jackson
Madison High School	Madison Heights
Mancelona Elementary School	Mancelona
Marjorie Carlson Elementary School	Warren
Mason Central School	Erie
Minges Brook School	Battle Creek
Moccasin Elementary School	Buchanan
Morrice Area Elementary School	Morrice
Nah Tah Wahsh Public School Academy	Wilson
New Groningen School	Zeeland
Oakwood Elementary School	Portland
Orchard View Early Elementary	Muskegon
Ottawa Elementary School	Buchanan
Parchment Middle School	Parchment
Parchment Northwood Elem. School	Kalamazoo
Post Franklin Elementary	Battle Creek
Pullman Elementary School	Pullman
Quincy Elementary School	Zeeland
Redford Service Learning Academy	Redford
Rockwell School	Warren
Rogers Early Elementary	Allen Park
Roosevelt Primary School	Ferndale
Ross Beatty High School	Cassopolis
Ruahmah J. Hutchings Elementary	Howell
Saginaw ISD Transitions Center	Saginaw
Sam Adams Elementary School	Cassopolis
South Elementary School	Watervliet
South Pointe Scholars	Ypsilanti
Southwest Elementary School	Howell
St. Augustine School	Richmond
St. Frances Cabrini School	Allen Park
St. Germaine Elementary School	St. Clair Shores
St. Patrick School	Portland
St. Peter Lutheran School	Hemlock
St. Pius X Catholic School	Flint
STEAM Academy at MLK	Benton Harbor
Three Oaks Elementary School	Three Oaks
Vulcan Middle School	Norway
Westlake Elementary School	Battle Creek
Williams Elementary School	Jonesville
Williamston Discovery Elementary School	Williamston

Woodcreek Achievement Academy	Lansing
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