

POWERING STUDENTS TO BE HEALTHY

What do students need to be ready to learn, emotionally and physically healthy, and contributors to the community?

HEALTHY EATING



A healthy, nutritious diet to improve neurocognitive development of children.



Almost **25%** of U.S. children are food insecure, up from 14% since COVID.



62% of students do not eat a daily breakfast.

PHYSICAL ACTIVITY



Physical activity to boost cognitive functions.

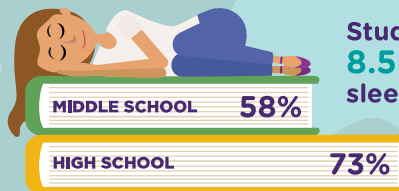


About **1 in 4** students get the recommended 60 minutes of daily physical activity.

SLEEP



Adequate sleep to reduce risk of diabetes, obesity, and poor mental health.



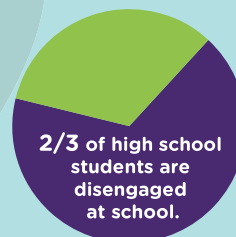
Students lose **8.5 hours** of sleep per week.

% of students who lack sufficient sleep to be healthy, safe and academically successful.

EMOTIONAL WELL-BEING



Social and emotional support to improve physical and cognitive abilities.



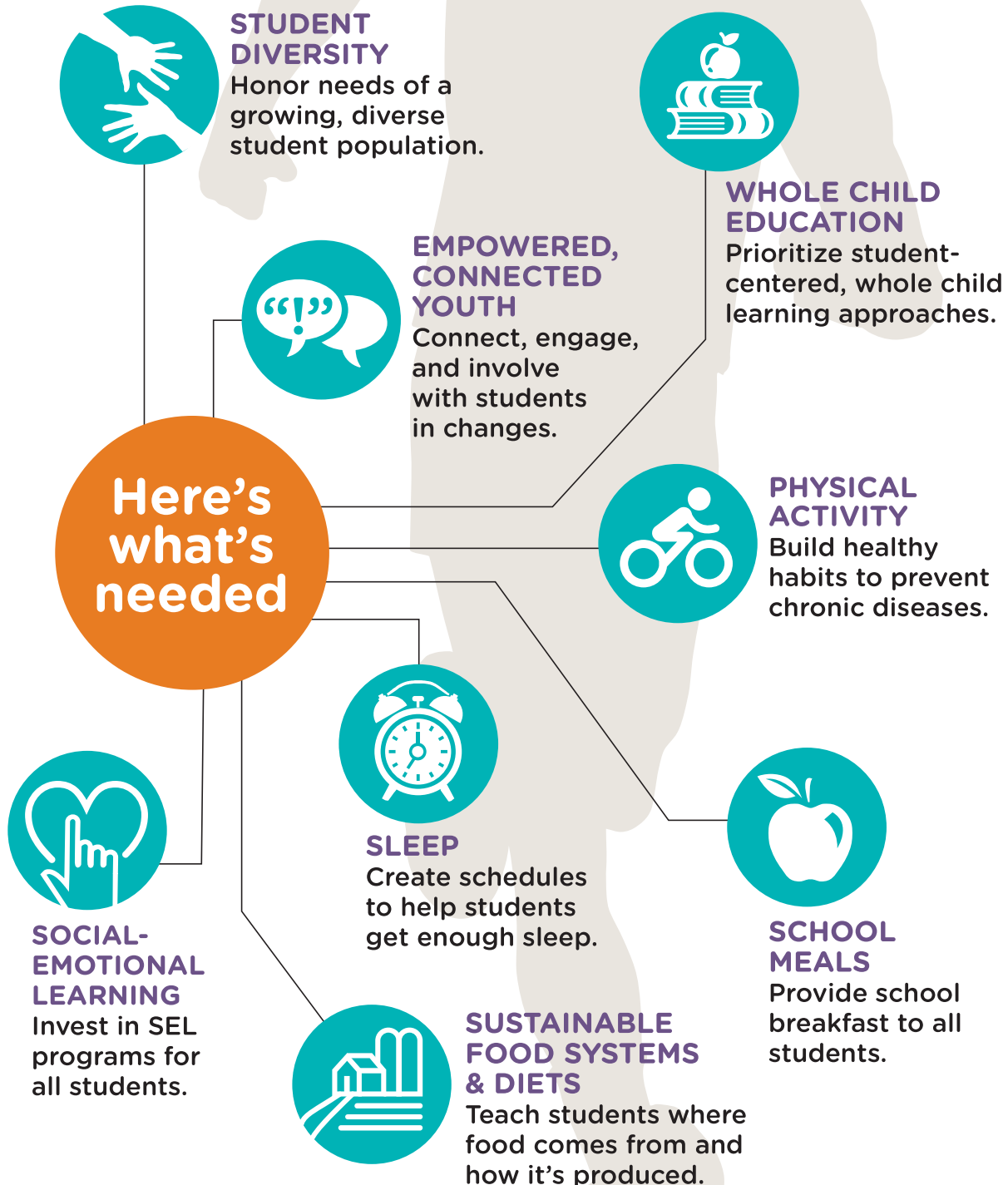
ENGAGED STUDENTS...

do **2.5 times** better in school.

are **4.5 times** more hopeful about the future.

POWERING STUDENTS TO BE HEALTHY

Healthier school communities help students stay powered up and ready to learn. The RETURN ON INVESTMENT in healthier schools can be significant.



Source: Healthier School Communities: What's at Stake Now and What We Can Do About It.