



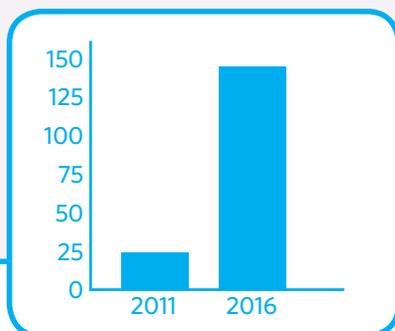
## What is the Healthy Zone School Recognition Program (HZSRP)?

- Launched in 2011 as a joint effort between The Cooper Institute and the United Way of Metropolitan Dallas, the Healthy Zone Schools program uses evidence-based knowledge and best practices to assist schools in creating environments that promote healthy behaviors.
- The program recognizes schools that have implemented exemplary health programs, and provides continued support to schools actively working to improve their current health programming.



## How successful has the HZSRP been so far?

- In 2011, there were 12 schools in the program. In 2016, the HZSRP expanded to 141 schools and impacted over 96,000 students. We know that physical activity is essential to positive development and building healthy, lifelong habits. We are building a brighter future for so many students in our community.



## Why is this program important to North Texas?

- Physical inactivity is a major risk factor for a myriad of chronic illnesses including obesity. Considering that one third of kids and teens are overweight or obese, the simple fact is - we're not moving enough. The HZSRP directly reaches students and is designed to help students not only improve their fitness levels, but develop healthy, sustainable habits they can carry into adulthood.



## Who is eligible for the program and how do they get involved?

- Any school in North Texas is welcome to apply to become a Healthy Zone School. This includes public and private, from elementary through high school. It's easy to do - simply visit [healthyzoneschool.org](http://healthyzoneschool.org) and complete the application. The Cooper Institute and United Way will work directly with each school on program implementation and help every step of the way to becoming a Healthy Zone School. Schools selected for the Healthy Zone School Recognition Program® receive approximately \$7,000 in funding for physical education equipment, health promotions and parent education tools to implement healthy practices.

## > BY THE NUMBERS

**OVER 38%** Of children and adolescents are either overweight or obese.

That's over one-third of our youth population. Obese children are more likely to be obese or overweight adults.

**LESS THAN 3 in 10** 

High school students achieve 60 minutes of physical activity daily.

Children spend more than

**7.5** hours

Per day in front of some type of electronic screen.

**40%**

Of children's daily fruit intake comes from juice which is a common source of hidden sugars.



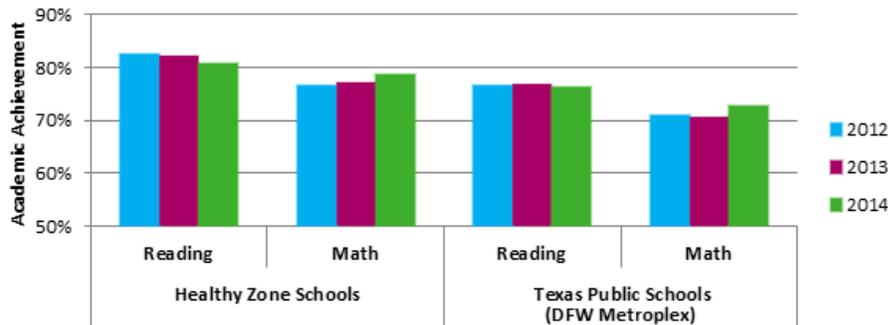
**33% OF STUDENTS**

In the Need Improvement Zone at baseline had a positive change in aerobic capacity.

**22% OF STUDENTS**

In the Need Improvement Zone at baseline moved in a healthy direction for body composition.

**STAAR Achievement**  
Healthy Zone Schools vs All Texas Public Schools



### WHY DOES THIS MATTER?

Because excess calories that are not being burned off through physical activity can lead to weight gain, and if left unchecked, weight gain can easily turn into obesity. Physical inactivity is a major risk factor for many chronic conditions including heart disease and stroke. FitnessGram can help students stay on track and develop healthy habits.