



# Healthy ZONE

a program of



of Metropolitan Dallas



The Cooper Institute®

[HealthyZoneSchool.org](http://HealthyZoneSchool.org)

[#HealthyZoneSchool](https://twitter.com/HealthyZoneSchool)

# HEALTHY ZONE SCHOOL RECOGNITION PROGRAM®

In partnership with the United Way of Metropolitan Dallas, The Cooper Institute® developed the Healthy Zone School Recognition Program in 2011, which uses evidence-based knowledge and best practices to assist schools in promoting healthy behaviors. This program honors schools for their healthy practices and assists schools in their efforts to provide healthier environments for students.

The Healthy Zone School Recognition Program brings together multiple facets of the community including teachers, staff, parents and students to work collaboratively to help students develop healthy habits that will last a lifetime. The program provides training, equipment, resources and guidance to participating schools.

Research from the program continues to show improvements in students' aerobic capacity and body composition, which have also been positively correlated with improvements in academics and attendance.

**For more information on the Healthy Zone School  
Recognition Program, visit [HealthyZoneSchool.org](http://HealthyZoneSchool.org)**

# Healthy **ZONE**



# TODAY

**141**



**SCHOOLS  
ACROSS**

**14**

**NORTH TEXAS  
SCHOOL DISTRICTS  
PARTICIPATING IN THE PROGRAM,**

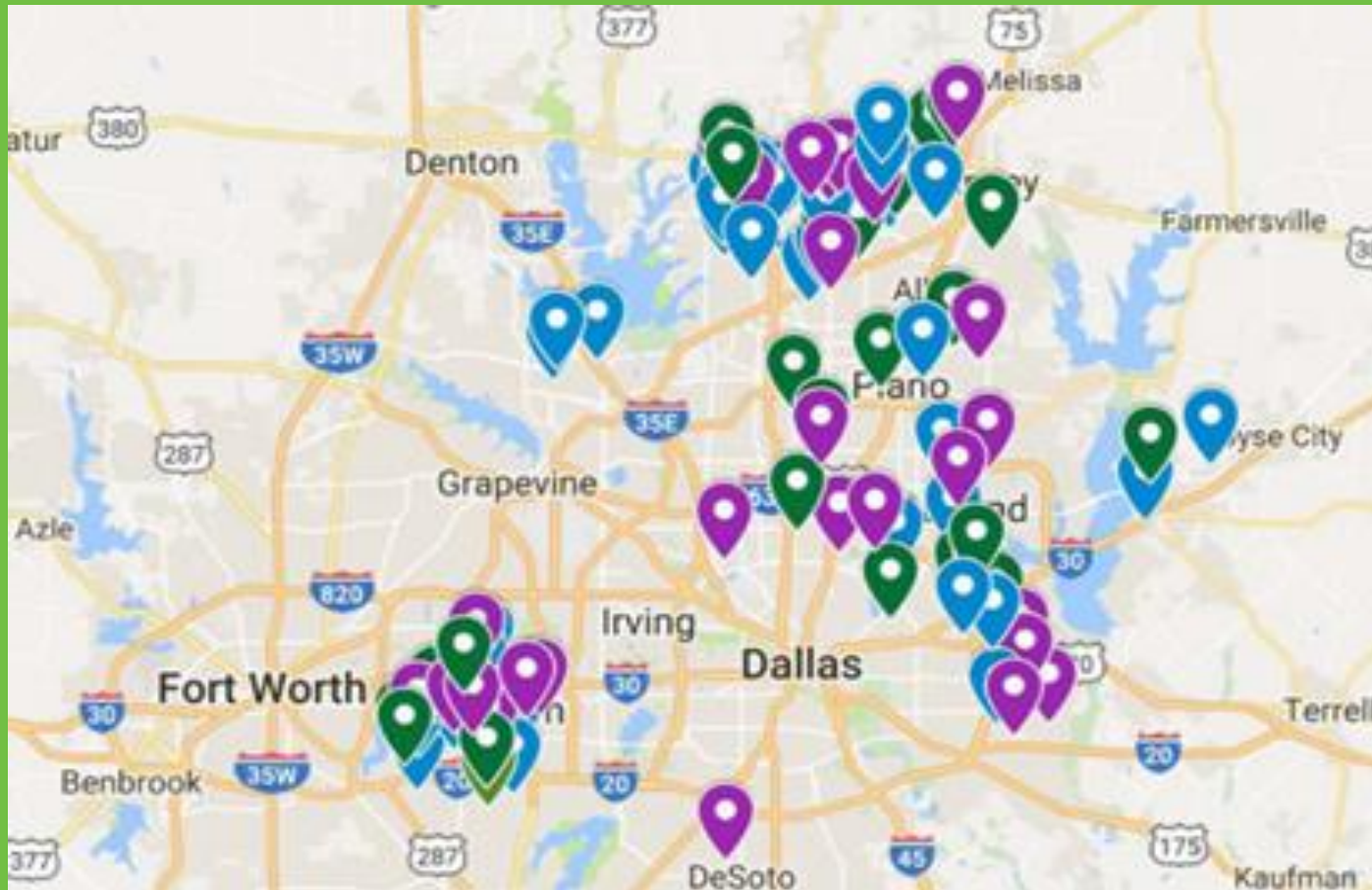
**WITH OVER**

**96,000**

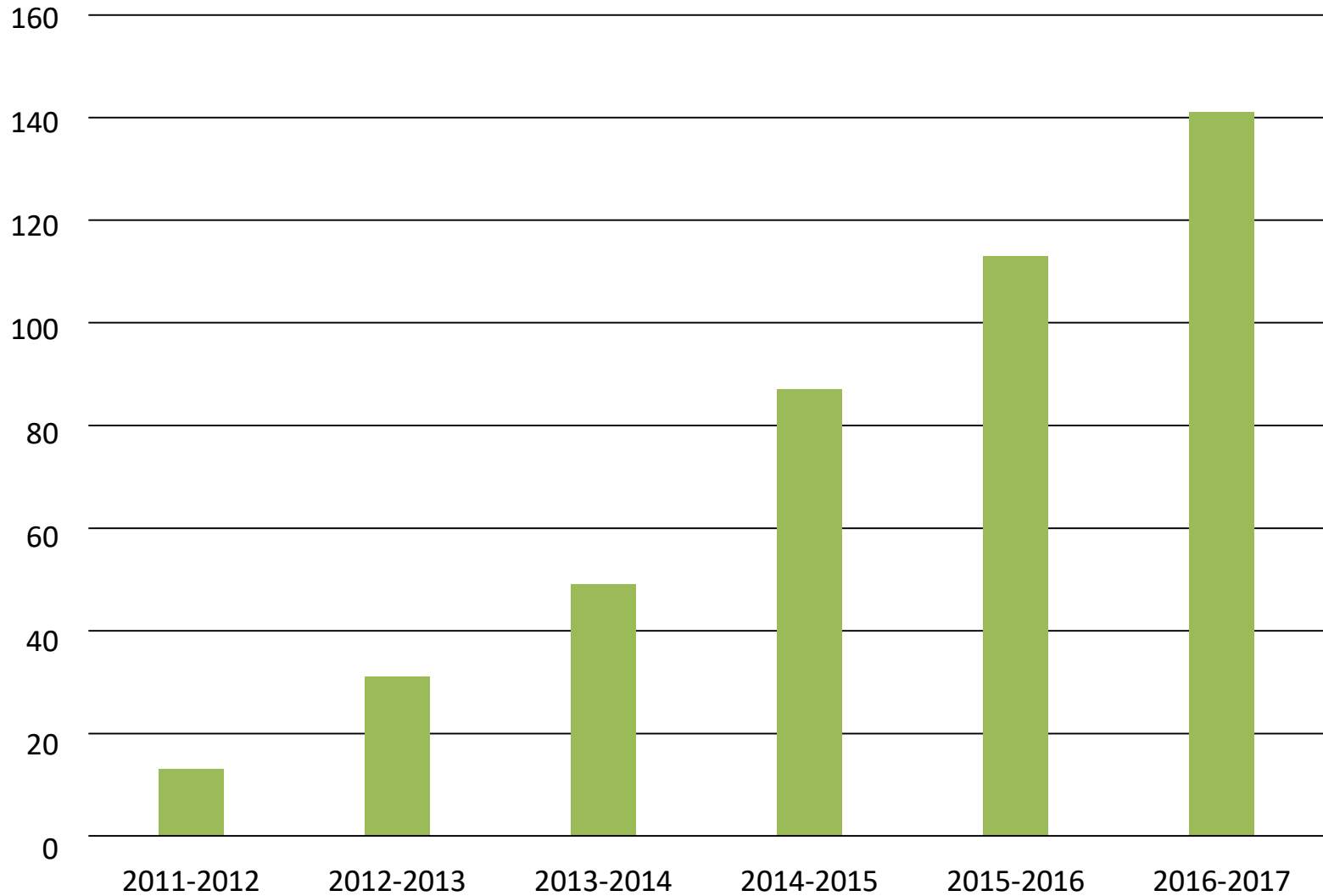


**STUDENTS REACHED.**

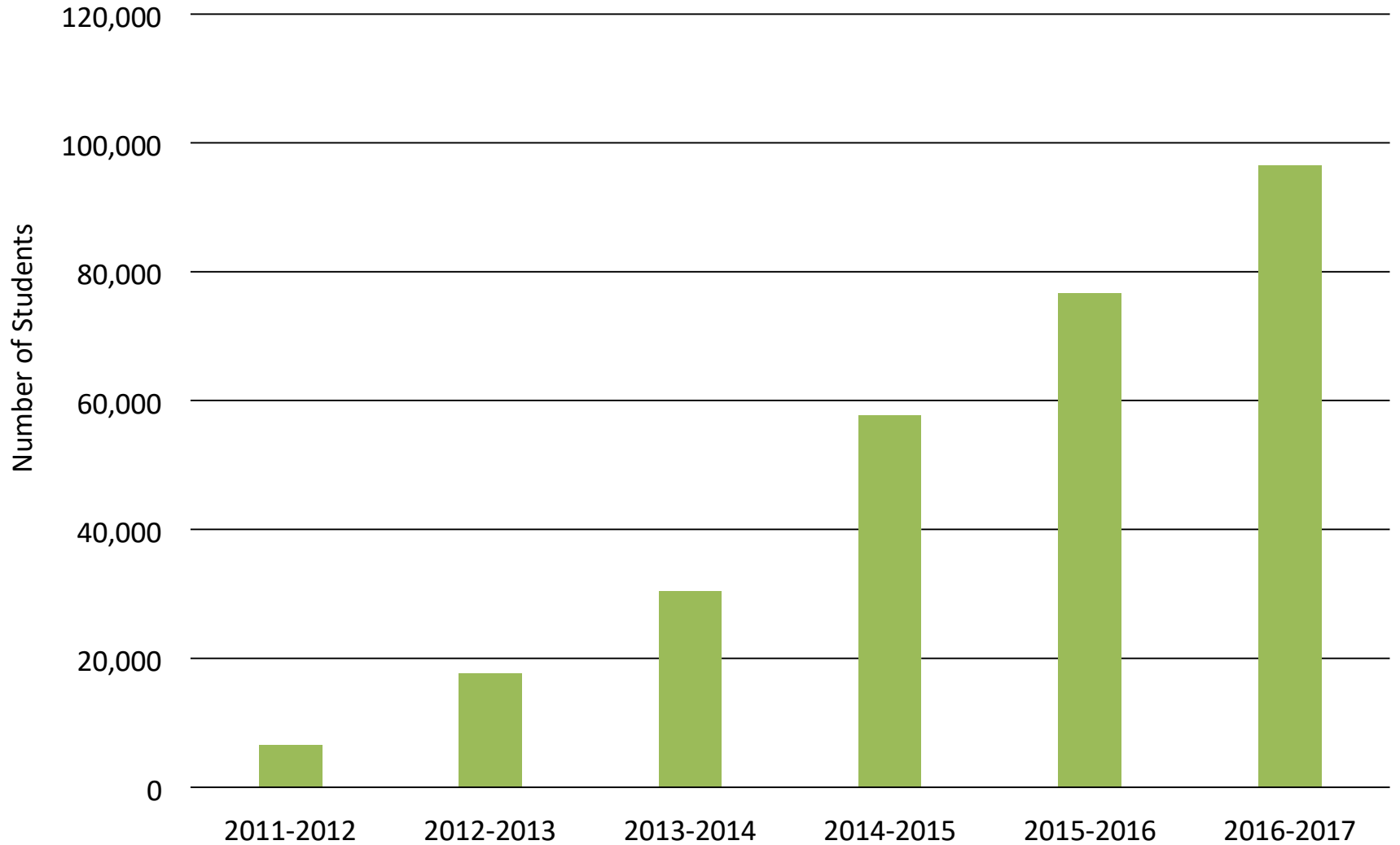
# Location of Healthy Zone Schools in 2016-2017



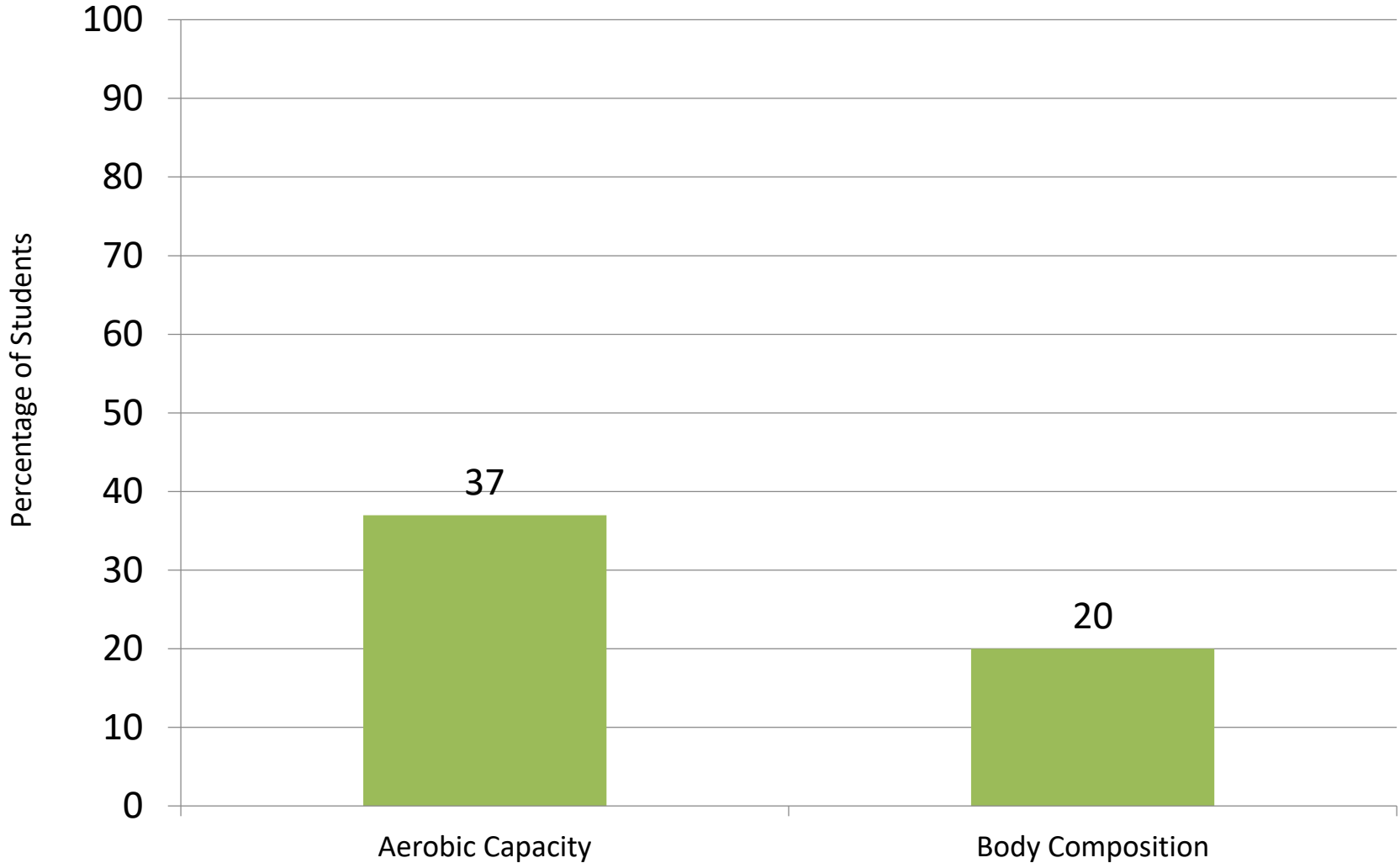
# Number of Schools in the Healthy Zone School Program



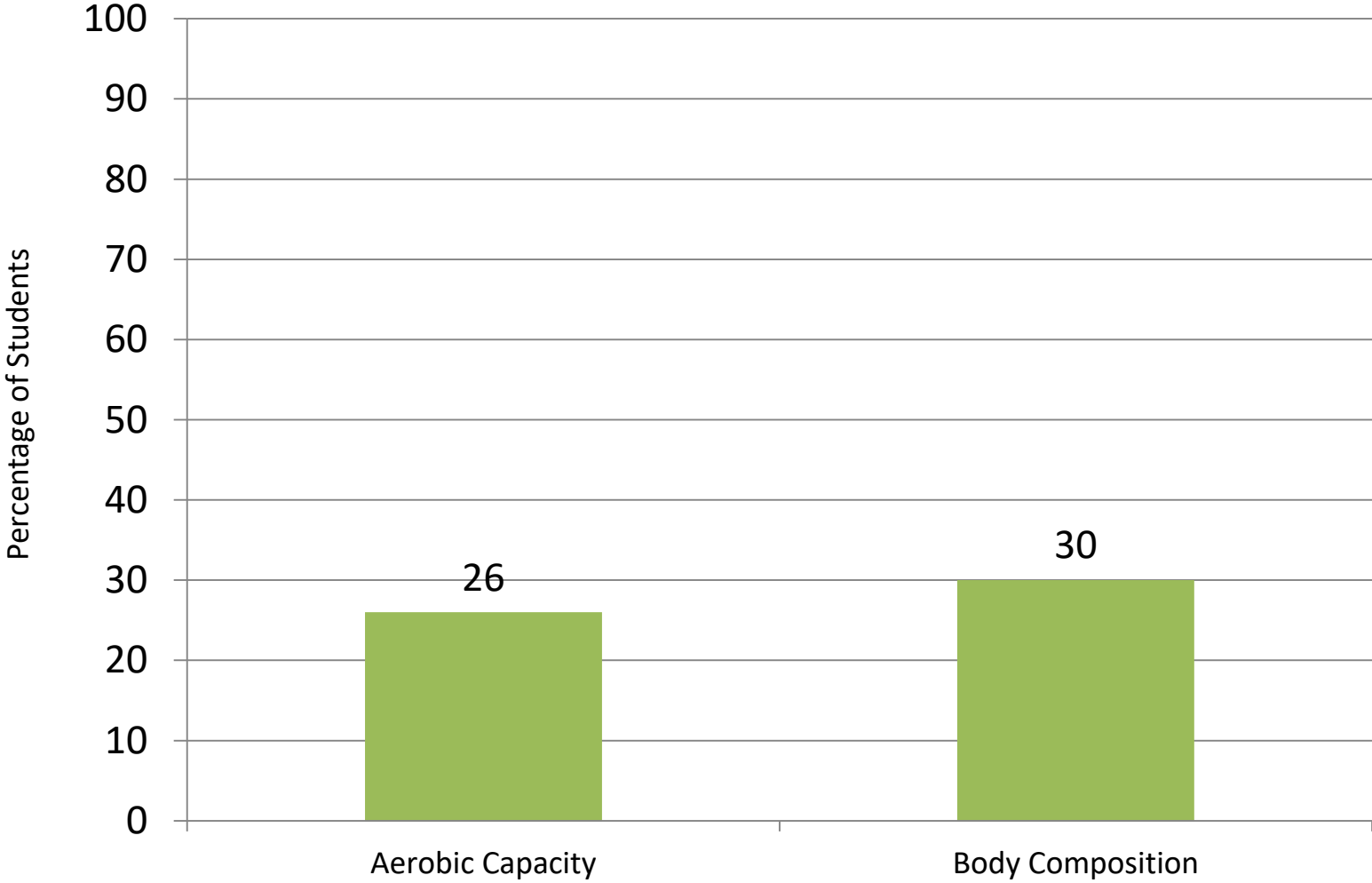
# Number of Students Impacted in North Texas by the Healthy Zone School Program



# Percentage of Students Showing Positive Change for Aerobic Capacity and Body Composition for Cohorts 4-6

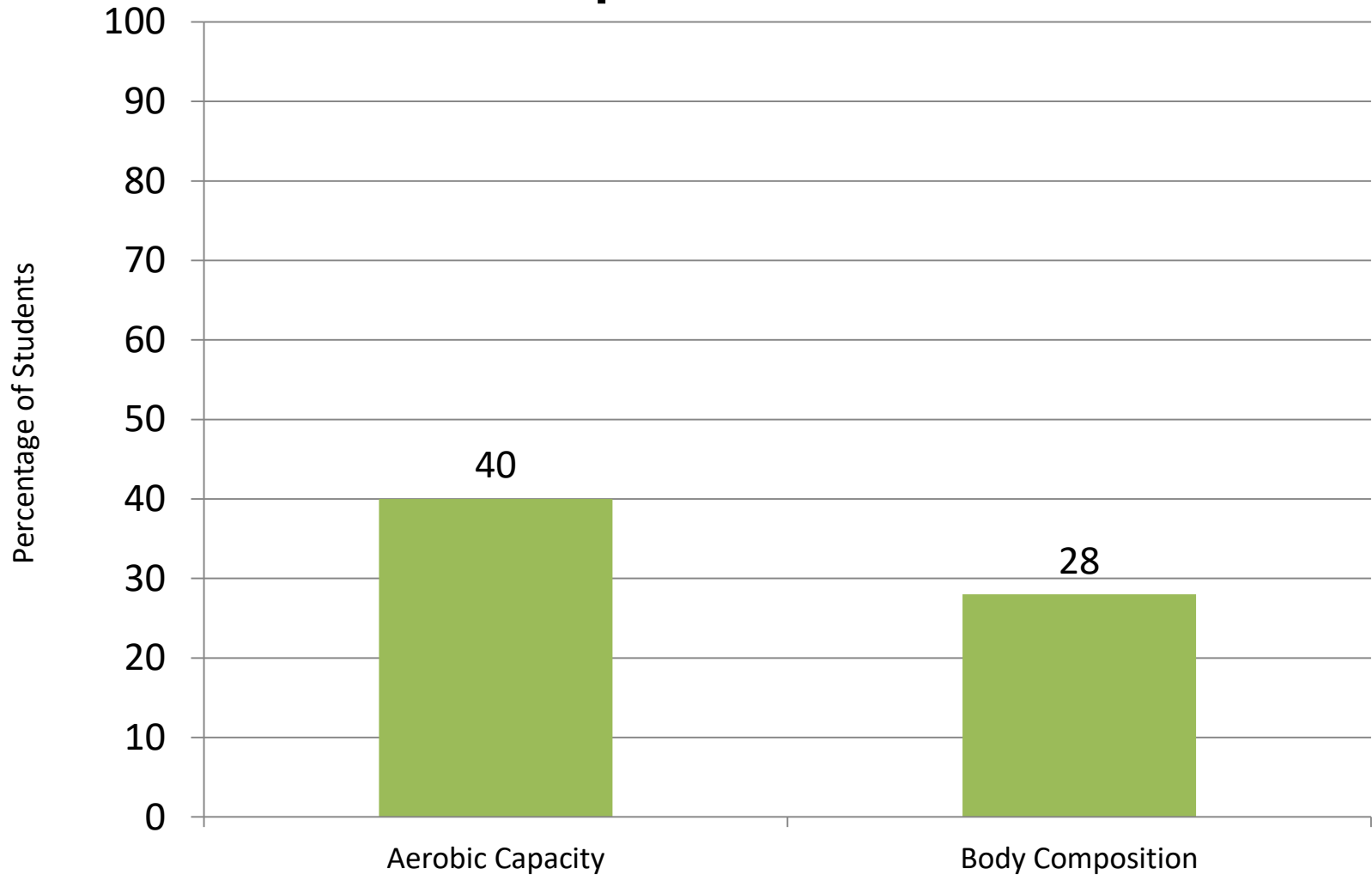


# Percentage of Students Showing Positive Change for Aerobic Capacity and Body Composition for Cohort 4

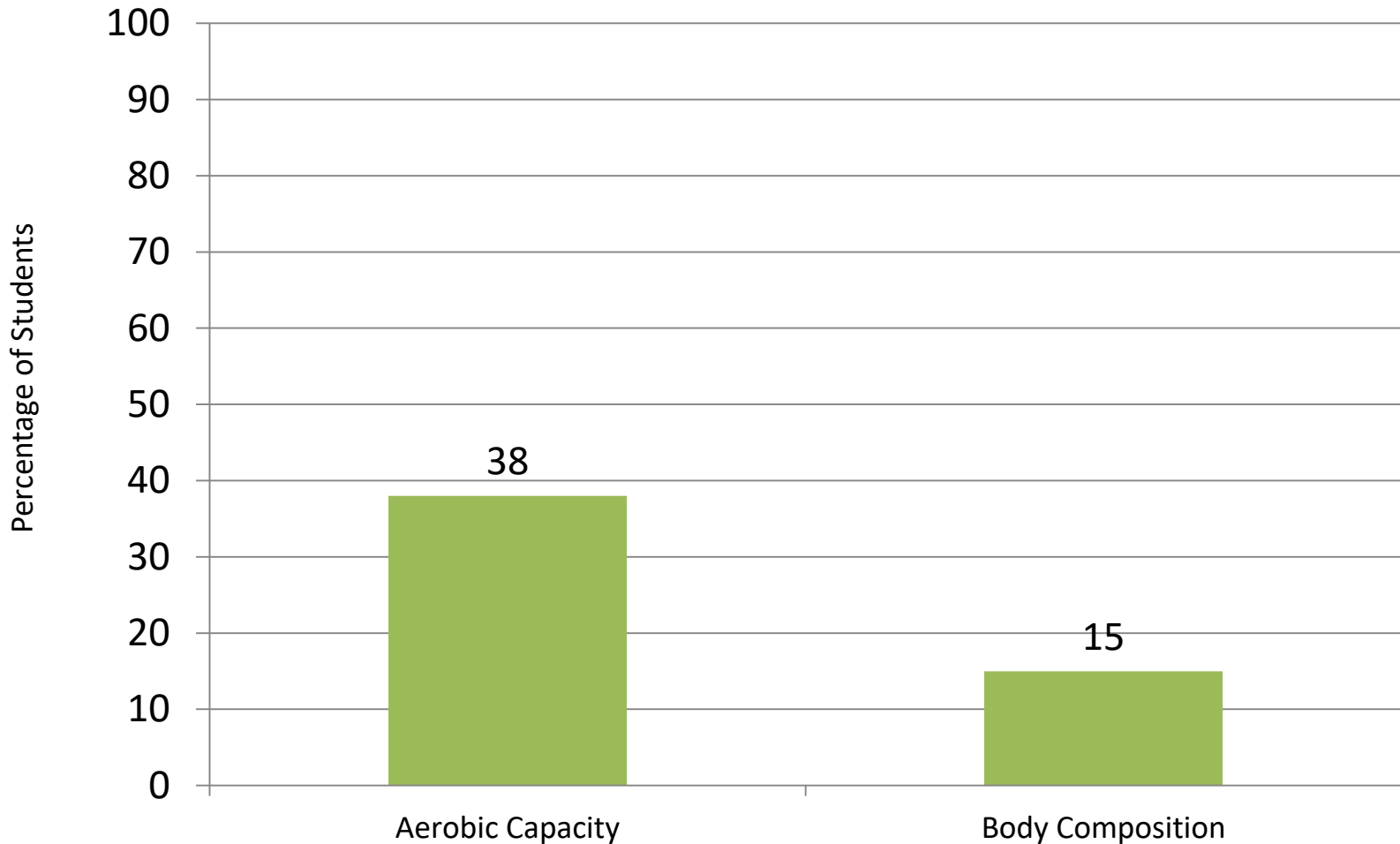




# Percentage of Students Showing Positive Change for Aerobic Capacity and Body Composition for Cohort 5



# Percentage of Students Showing Positive Change for Aerobic Capacity and Body Composition for Cohort 6



# STAAR ACHIEVEMENT

## Healthy Zone Schools vs. Non-Healthy Zone Schools (DFW)

