

A young woman with dark hair, wearing a red polo shirt, is smiling warmly at the camera. She is holding a metal tray filled with a variety of healthy foods, including a green apple, an orange, a salad, and some breaded items. In the background, other students are visible, slightly out of focus, suggesting a school cafeteria setting.

A BETTER WAY to build the future

Kaiser Permanente Thriving Schools

A partnership for healthy students,
staff, and teachers

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Making school health a priority

- Schools are a focal point for healthy community partnerships.
- Kaiser Permanente is committed to school health.
- Working together we can create a comprehensive health strategy.

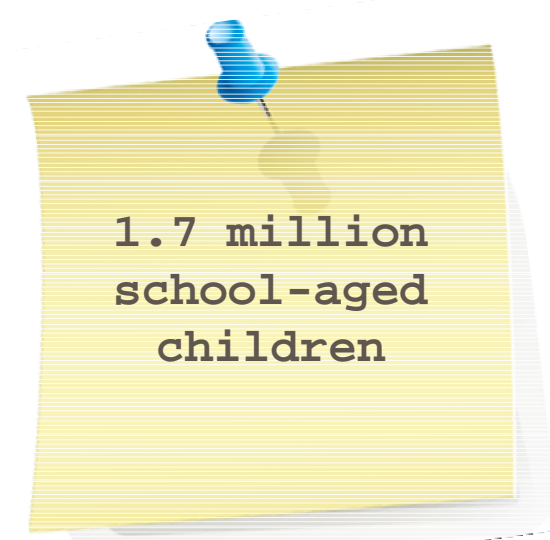


Building on our commitment to improve health in K – 12 schools


One in five Kaiser Permanente members spends the majority of each weekday on a school campus.



**400,000+
teachers
and staff**



**1.7 million
school-aged
children**



**More than
2 million
members**

Kaiser Permanente's Thriving Schools

- Designed to create a culture of health in K – 12 schools
- For all students, staff, and teachers — it's not just for Kaiser Permanente members
- Part of our ongoing commitment to improving nutrition and increasing physical activity in school settings

Good health matters

Physical Activity + **Healthy Eating** = **Better Performance***

- Workers who eat healthy are 25% more likely to perform better on the job.*
- Regular physical activity and good nutrition help students earn higher grades.†

*Ray M. Merrill, PhD, MPH, et al., "Self-Rated Job Performance and Absenteeism According to Employee Engagement, Health Behaviors, and Physical Health," *Journal of Occupational and Environmental Medicine*, January 2013.

†"Physical Inactivity and Unhealthy Dietary Behaviors and Academic Achievement," *2009 National Youth Risk Behavior Survey*, U.S. Department of Health and Human Services/Centers for Disease Control and Prevention.

Workforce health and student-focused changes including



Improving school lunches



Healthier vending machine choices



Increasing physical activity

Thriving Schools website

- Online resources and support
- Tools to promote healthy eating and physical activity
- Success stories and helpful tips from school wellness champions
- kp.org/thrivingschools



Fire Up Your Feet program

- In partnership with the Safe Routes to School National Partnership and the National Parent Teacher Association
- Online walking/activity program for staff, faculty, students and families
- Includes toolkit with resources and promotional materials
- Healthy fundraising opportunity
- fireupyourfeet.org



A BETTER WAY to build the future



For more information, visit:
kp.org/thrivingschools

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