

Alliance for a Healthier Generation



About the Alliance for a Healthier Generation

The Alliance for a Healthier Generation, founded by the American Heart Association and the Clinton Foundation, empowers kids to develop lifelong, healthy habits. The Alliance works with schools, companies, community organizations, healthcare professionals and families to build healthier environments where children thrive.

Our work in schools & communities

The Alliance's work directly impacts millions of children, with a focus on low-income and minority populations who are at increased risk for obesity and other diseases. Millions more young people benefit from system changes initiated through partnerships between the Alliance and the corporate sector.

Our work includes:

- Building healthier school environments for students by improving physical education, health education, child nutrition and staff wellness policies and programs in schools.
- Ensuring young people have access to healthier foods and increased opportunities for physical activity outside of the school day through out-of-school time providers.
- Serving as a catalyst for corporations to become part of the obesity solution by working with companies to change their individual and industry-wide business practices.
- Bringing together a coalition of major health insurers, employers and national medical associations to offer health benefits to children and families for the prevention and treatment of childhood obesity.



Our Healthy Schools Program

Every day, 95 percent of school-aged kids and teens attend school. Aside from home, it's the place where kids spend most of their time.

A healthy school is vital to preparing students for success. Research shows a strong link between a young person's practice of healthy habits, including a good diet and regular physical activity and an improvement in their overall life outcomes. When kids are physically active, they perform better academically, have better attendance and their behavior improves.

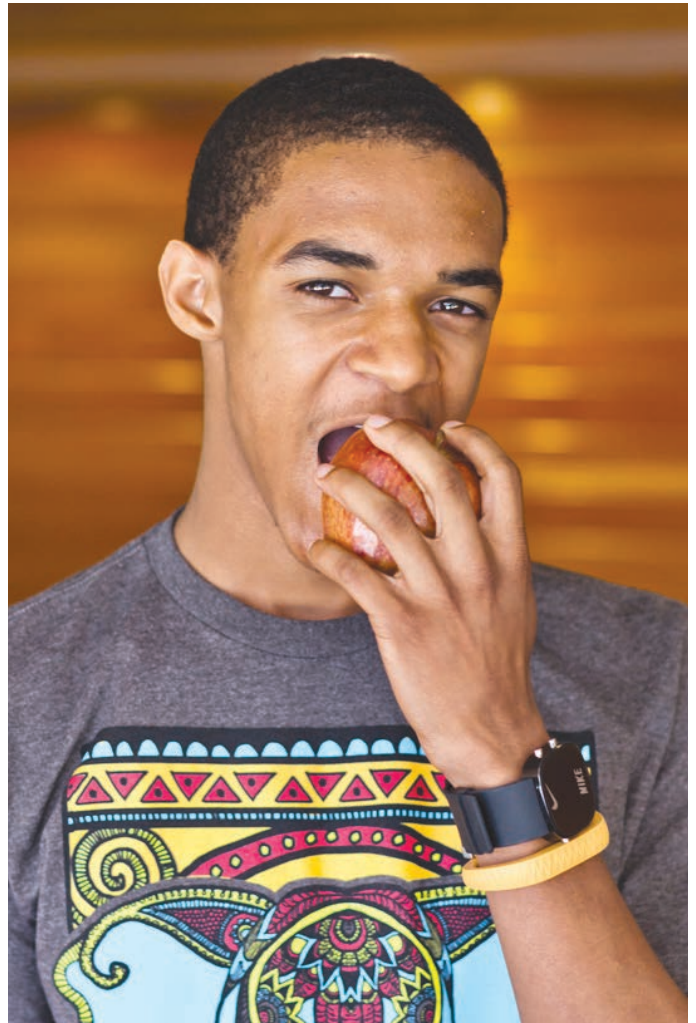
Recognizing the important role schools play in the health of our students, we launched the Healthy Schools Program in 2006 with 231 schools in 13 states. Today, the Healthy Schools Program helps to build healthier school environments by improving physical education, health education, child nutrition and staff wellness policies and programs for millions of students in thousands of schools in all 50 states.

We provide easy access, at no cost, to a high-quality professional experience for school districts and schools wanting to implement policies and practices that meet federal requirements and further local health and wellness goals.

We offer:

- On-site high-quality professional development and technical assistance.
- Online assessment and customizable action plan.
- Evidence-based resources.
- Access to national school health experts.
- National recognition opportunities.

Of the schools that receive on-site assistance from the Alliance's program managers, 80 percent have made measurable progress towards creating a healthier school environment, 95 percent meet or exceed federal nutrition standards for school meals, more than 60 percent dedicate at least 20 percent of their afterschool program time to physical activity and more than 80 percent of elementary schools offer at least 20 minutes of recess per day.



Join the Alliance's Healthy Schools Program today:

<http://schools.healthiergeneration.org>