

# Healthy Weight Paper: The Role of Michigan Schools In Promoting Healthy Weight



The Michigan Department of Education in cooperation with the Michigan Department of Community Health, the Governor's Council on Physical Fitness, Health and Sports, and Michigan Fitness Foundation developed ***The Role of Michigan Schools in Promoting Healthy Weight***. The paper was developed to be a working model to help administrators assess their school's environment and to establish or review district guidelines and policies. It includes tools to help create safe and supportive schools where students can be physically active and benefit from a healthy nutritional environment. In addition to prevention the paper includes guidelines for schools that want to provide support overweight students.

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