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Indiana
Action for Healthy Kids
February 2004



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SCHOOL HEALTH AND THE LINK TO ACADEMIC ACHIEVEMENT

- STUDIES LINK SCHOOL BREAKFAST WITH INCREASED ACHIEVEMENT ON STANDARD TEST SCORES AND GRADES.
- SCHOOL FOOD PROGRAMS HAVE A POSITIVE AFFECT ON PSYCHOLOGICAL OUTCOMES BY DECREASING LEVELS OF ANXIETY, HYPERACTIVITY, DEPRESSION, AND PSYCHOSOCIAL DYSFUNCTION.
- PHYSICAL ACTIVITY CAN HELP INCREASE STUDENTS' ABILITY TO CONCENTRATE AND REDUCE DISRUPTIVE BEHAVIOR.
- SCHOOL FOOD PROGRAMS HELP TO DECREASE TARDINESS, ABSENTEEISM, AND VISITS TO THE SCHOOL NURSE.

**DONT LET YOUR SCHOOL CHILDREN
FLUNK HEALTHY EATING
AND PHYSICAL ACTIVITY!**

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