

Greaux Healthy School Health Program



Welcome to Greaux Healthy, an initiative developed by Pennington Biomedical Research Center in partnership with the State of Louisiana. With over 35 years of childhood obesity research, our products, resources, and tools are designed to help kids get healthier at every age.

It's important to keep kids healthy as they grow, and recent studies have linked healthy habits to doing well in school. Students with higher grades are more likely to:¹

- Eat breakfast on all 7 days
- Eat fruit or drink 100% fruit juice once or more per day
- Eat vegetables once or more per day
- Not drink a can, bottle, or glass of soda
- Engage in physical activity for at least 60 minutes per day on all 7 days

Did you Know?



Louisiana ranks **3rd** in the nation for youth obesity.²



Nearly **1 in 3** kids and teens in the U.S. have overweight or obesity.³



Only **28%** of U.S. kids and teens ages 6-17 meet the guideline of 60 minutes of physical activity every day.⁴



7.5 hours is the average amount of time kids and teens ages 8-18 spend in front of a screen daily.⁵

For more information: www.greauxhealthy.org

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Greaux Healthy School Health Program



Tested and proven effective in local classrooms across Louisiana, our School Health Program helps create building blocks for healthy habits through:

- Nutrition and physical activity education, lessons, and activities
- Teacher education, tools, and resources
- Home Connection newsletters

Get involved! How Can You Help?

Family engagement: Talk to your child about what they learned at school and work together towards healthier diets and more active lifestyles.

Find activities you can all do—every move counts. Here are some fun ways to grow healthy together!



Cook healthy meals together



Take walks as a family



Do an online workout together



Have a family dance party



Try a new sport together

For more information: www.greauxhealthy.org

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