



# APPLE Schools

Over 14 years of research demonstrates the positive impact of APPLE Schools on sustainable health habits in vulnerable school communities.

**Children in  
APPLE schools  
demonstrate:**

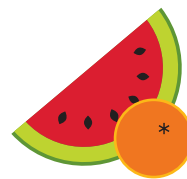
**↑ 35%**

Increase in physical activity.



**↓ 40%**

Decrease in chance of obesity.



**↑ 10%**

More fruits and vegetables eaten.



Improvements in  
quality of life,  
leadership abilities  
productivity and  
learning outcomes.



Fewer mental health visits to  
the doctor during adolescence  
than peers who did not attend an  
APPLE school in their childhood.



Every \$1 invested in APPLE Schools will save  
\$8.60 in health care and indirect costs  
associated with chronic diseases.

INVESTED

**\$25,000,000+**



**\$215,000,000+**

IN FUTURE HEALTHCARE AND  
INDIRECT COST SAVINGS

To support healthy kids in healthy schools, visit [appleschools.ca](http://appleschools.ca) or find us on social media.

#### References:

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