

APPLE Schools is Effective

Students are nearly 40% less likely to be obese in APPLE Schools than in comparison schools.^{1,2} APPLE Schools, found in socioeconomically disadvantaged neighbourhoods, reduced inequalities through physical activity. Even though specific student groups are not targeted, an increase in physical activity levels was observed among low-active students. From 2009 to 2011 children within the low-active group from APPLE Schools experienced an increase in physical activity 15.3% greater than that of low-active children from comparison schools.² Students were also observed to have increases in physical activity during school hours, after school hours and on the weekend.³

APPLE Schools reaches kids most in need

Physical activity programs in APPLE Schools focus on getting the inactive students involved in more physical activity. Non-traditional games are often played, where the focus is more on participation than winning. Programs are often offered at no cost to families. In addition, schools provide access to healthy foods by offering taste tests and apples, not only to all students, but also to parents, younger siblings and guests in the school.

"Thank you for making us healthy, making exercise fun like making bike club, marathon club and after school sports giving us taste testing new foods. You guys made me want to eat healthy day and night" **Angelle, Gr 3, Sister Mary Phillips**

"Thank-you for the healthy food to eat. I like the jicama and when I ate it I said ohhh it is salty! I learned the four food groups! My favorite fruit is strawberry." **Zack, student**

"...with those yummy chunky red apples sitting in the schools lobby (that you provided for the apple schools) our brains are able to function properly." **Virginia, student**

"Thank you for the foods we ate and the taste tests because they give us a healthy brains and they help us to think." **Mohammed, student**

"...I absolutely love APPLE Schools. I know that some of my friends are not as fortunate as me. I have the luxury of going home and not having to worry about not being able to have supper, but unfortunately they don't. Therefor I believe that this program really helps kids..." **Kayla, Gr. 5, Youngstown School**



What is APPLE Schools

APPLE Schools is a privately funded, innovative school-focused health promotion initiative that improves the lives of more than 15,000 students in 51 schools across Northern Alberta. APPLE Schools supports school communities through the development of healthy habits and changes to school environments in order to improve healthy eating, active living, and positive social behaviours for a lifetime.

¹ Fung, C., Kuhle, S., Lu, C., Schwartz, M., Storey, K. E., & Veugelers, P. J. (2012). From "best practice" to "next practice": The effectiveness of school-based health promotion in improving healthy eating and physical activity and preventing childhood obesity. *International Journal of Behavioural Nutrition and Physical Activity*, 9(27), 1-9. <http://dx.doi.org/10.1186/1479-5868-9-27>

² Vander Ploeg, K., Maximova, K., McGavock, J., Davis, W., & Veugelers, P. J. (2014). Do school-based physical activity interventions increase or reduce inequalities in health? *Social Science & Medicine*, 112, 80-87. <http://dx.doi.org/10.1016/j.socscimed.2014.04.032>

³ Vander Ploeg, K. A., McGavock, J., Maximova, K., & Veugelers, P. J. (2014). School-based health promotion and physical activity during and after school hours. *Pediatrics*, 133(2), 371-378. <http://dx.doi.org/10.1542/peds.2013-2383>