



School Jurisdiction Partners:

- Alexander First Nation Education Authority
- Aspen View School Division
- Edmonton Catholic Schools
- Edmonton Public Schools
- Elk Island Catholic Schools
- Fort McMurray Catholic Schools
- Fort McMurray Public Schools
- Mother Earth's Children's Charter School
- Northern Lights School Division
- Northland School Division No. 61

“If we can go back to two years ago when we didn't have APPLE Schools to now, there's been a significant change in people's attitudes toward the food they're eating, to their attitudes toward daily physical activity, and the actual behaviour that follows.”

NIGEL BUTTERFIELD, PRINCIPAL, LEE RIDGE SCHOOL

Throughout its foundational years, APPLE Schools was generously supported by Allan Markin, who donated over \$16 million to support healthy kids in healthy schools. Today the success of the program has attracted funding from multiple foundations and corporations.

Currently, the project is governed by The APPLE Schools Foundation. The mandate of the Foundation is to conceive, deliver and assess programs designed to enable individuals and communities to adopt practices to enhance individual and community health and education, and prevent chronic disease.

For more information

on the project, available resources, videos and scientific publications:

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Dr. Allan P. Markin
OC, AOE



Interpipeline

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FOUNDATION



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Alberta Project Promoting
active Living & healthy Eating



Healthy Kids in Healthy Schools



The APPLE Schools Foundation



www.appleschools.ca

Since 2007, APPLE Schools has improved the health and well-being of over 15,000 students every year, while investing in future generations of Albertans. APPLE Schools is evidence-based and research is led by Dr. Paul Veuglers, University of Alberta, School of Public Health.

Results

Within two years, students in APPLE Schools...

- became **35%** more active
- increased activity-levels during the least active times – afterschool and on weekends
- ate **10%** more vegetables and fruits
- are nearly **40%** less likely to be obese.

“I have had three children go through APPLE Schools and the impact that it has had on them has been amazing. They used to ask for chips and pop. And they don't ask for chips and pop anymore. Instead they'll eat vegetables. And fruit. Now I probably go shopping for fruit every three days.”

CARLEY B., PARENT



Improved Achievement

APPLE Schools affects more than just health. Students in APPLE Schools do better in language arts and math. The schools focus on student leadership, which supports a positive correlation to health habits and leadership, improves student engagement, and creates a sense of belonging.

Long-term Health

If \$1 is spent on APPLE Schools, the province could save \$25 in avoided future healthcare costs because healthy habits developed early in life will last a lifetime.

APPLE Schools is bending the health care cost curve and better educating Alberta children on the importance of physical activity, healthy eating and mental health.

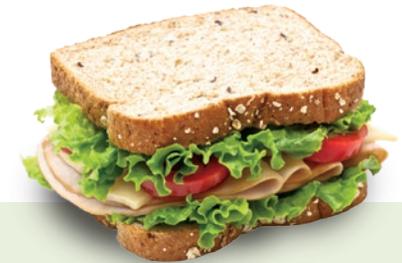


Parental Support

94% of parents of grade 5 students in Alberta, support healthy eating policy in schools. Each APPLE School has a unique, locally-developed wellness policy to support their school community.

“Now that I eat healthy and be active each day life will be easier.”

BRYAN, STUDENT



APPLE Schools is Effective

Alberta youth are facing a critical health crisis. Obesity rates continue to rise and the majority of kids do not eat enough vegetables and fruits, or get enough physical activity. There is a way to get kids to be healthy and address these health issues in a scientifically-proven, cost-effective manner. APPLE Schools could save the provincial government an estimated \$32 to \$88 million per year in obesity-related health-care costs.

