# Building Healthy Communities

## 2025-2026 Opportunities for Michigan Schools

*Building Healthy Communities*

The *Building Healthy Communities* program is a public and private collaboration of Michigan-based organizations working together to improve the health of children by creating healthier school environments through evidence-based physical and emotional health-focused initiatives.

The program reduces childhood obesity, prevents chronic disease, improves academic achievement and addresses mental health and well-being. *Building Healthy Communities* strives to be inclusive of students of all abilities and learning types, supporting both their physical and mental health.

### How to apply:

For more information and links to application websites, go to **bcbsm.com/buildhealth**

**Applications due May 30, 2025.**

## Schools can choose the Building Healthy Communities program that best suits the needs of their students:

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| **Any grade configuration K-12** | **Step Up for School Wellness:** This program is flexible to meet the diverse needs of school buildings across the state. It provides a menu of nutrition, physical activity and well-being resources appropriate for all grade levels, K-12, that schools can choose from to make their school environment healthier and create a culture of wellness. |
| **Elementary schools** | **Reducing Health Disparities in Elementary Schools:** This comprehensive program is focused on addressing the social determinants of health that have contributed to wide disparities in many communities across Michigan. It offers districts necessary resources to facilitate a healthier environment, prevent chronic disease and improve the mental health of children in all elementary schools in a school district or region. |
| **Middle schools** | **Engaging Middle Schools through Project Healthy Schools:** This comprehensive program creates a culture of wellness enabling middle school students to increase physical activity, eat healthier, improve mental health and understand how nutrition, activity and well-being influence their lifelong health and learning. |