

# Two-Year, Two-State Evaluation Study Proves Michigan Model for Health® Works!

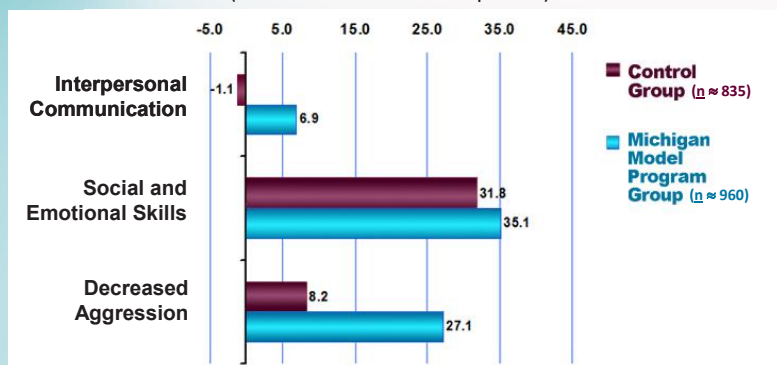
In the largest study of its kind, with about 2500 fourth and fifth grade students participating, the **Michigan Model for Health** was **proven** to have significant positive impact on students in 15 different areas. These include reducing some of the greatest risk behaviors impacting the health of young people today.

A rigorous research design was the basis for this study which was: **Longitudinal** (grades 4 and 5); **Experimental** (school buildings randomly assigned to program or control groups); **Matched buildings on key factors** including poverty level, ethnic composition, and academic achievement; and **Comprehensive** including Social and Emotional Health, Safety and Violence Prevention, ATOD (Alcohol, Tobacco, and Other Drugs including Inhalants), and Nutrition and Physical Activity.



## Improves Social and Emotional Skills and Prevents Violence\*

Percentage Change Over Two Years  
(Grade 4 Pretest to Grade 5 Follow-Up Posttest)



\* $p \leq .05$  (two-tailed), groups equivalent at pretest

## The Proof is in the Results

Students who received the Michigan Model for Health curriculum showed significant, positive changes compared to a randomized control group.

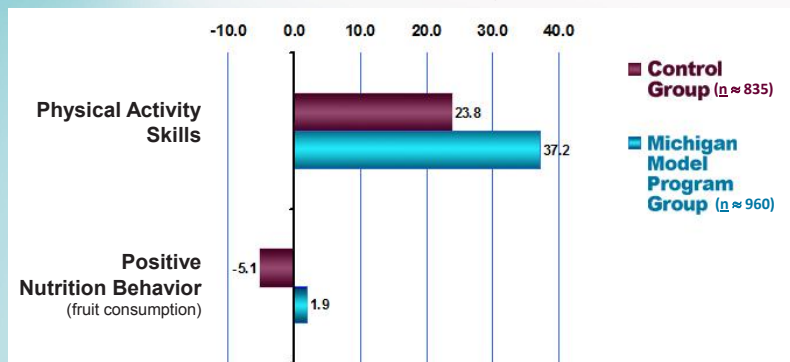
Positive Outcomes include:

- **Better** interpersonal communication skills
- **Stronger** social and emotional skills
- **Enhanced** self-management skills
- **Less** reported aggression in the past 30 days
- **Improved** physical activity skills
- **Improved** nutrition behaviors (fruits)



## Improves Physical Activity Skills and Nutrition Behavior\*

Percentage Change Over Two Years  
(Grade 4 Pretest to Grade 5 Follow-Up Posttest)



\* $p \leq .05$  (two-tailed)

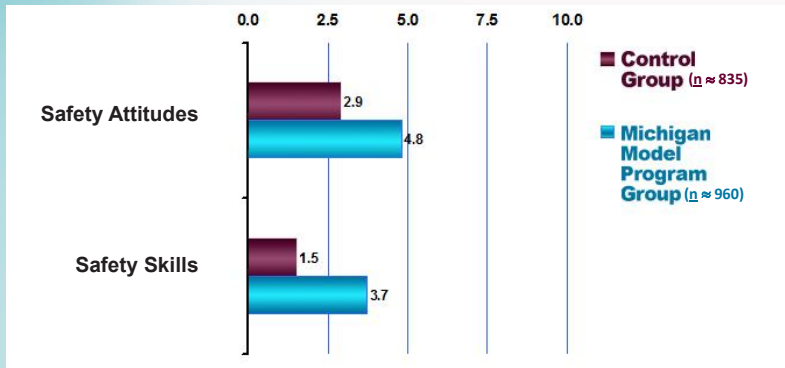
**There's More!**





## Improves Safety Attitudes and Skills\*

Percentage Change Over Two Years  
(Grade 4 Pretest to Grade 5 Follow-Up Posttest)

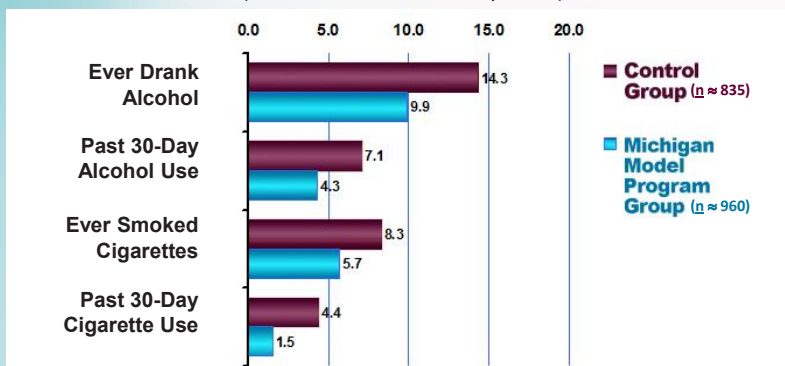


\*p ≤ .05 (two-tailed), groups equivalent at pretest



## Prevents Alcohol and Cigarette Use\*

Percentage Change Over Two Years  
(Grade 4 Pretest to Grade 5 Follow-Up Posttest)

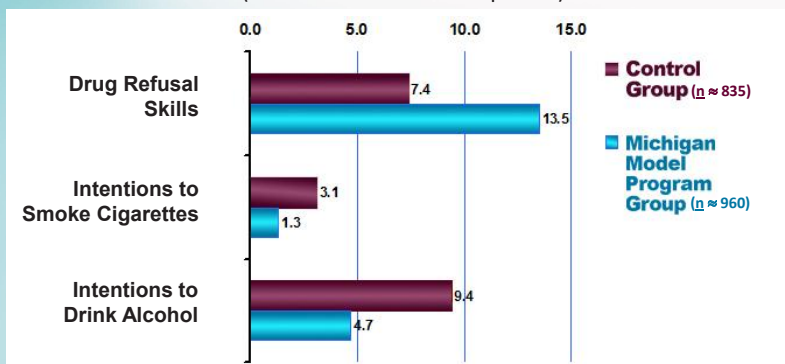


\*p ≤ .05 (two-tailed), groups equivalent at pretest



## Improves Drug Refusal Skills and Reduces Intentions to Use Drugs\*

Percentage Change Over Two Years  
(Grade 4 Pretest to Grade 5 Follow-Up Posttest)



\*p ≤ .05 (two-tailed)

## More Results

Students who received the *Michigan Model for Health* curriculum showed significantly more positive outcomes including:

- **Better** safety attitudes
- **Improved** safety skills
- **Stronger** drug refusal skills
- **Less** reported alcohol and tobacco use in the past 30 days
- **Later age** of first alcohol and cigarette use
- **Reduce intentions** to use alcohol and smoke cigarettes

## Did You Know?

The study design and outcomes met the rigorous standards used by the DHHS Substance Abuse and Mental Health Services Administration to secure placement of the *Michigan Model for Health* on the **National Registry of Evidence-Based Programs and Practices (NREPP)**.

Currently, there are over 175 programs in the NREPP, but the Michigan Model for Health is the only comprehensive K-12 health education curriculum to qualify for that registry.

**For more information...** visit [www.michiganmodel.org](http://www.michiganmodel.org) or your Regional School Health Coordinator.