

# Healthier Campus Initiative

## Partnership for a Healthier America (PHA)



College is a time when lifelong habits begin to form.

Healthier campuses are related to higher levels of student satisfaction and retention.

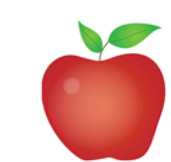
For many students, this is the first time they are making their own choices about food and lifestyle.

The majority of Fresno State students are not meeting dietary and physical activity guidelines:

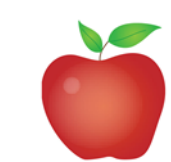
- Only 3% eat the recommended daily intake of fruits and vegetables
- 42% engage in moderate-high intensity aerobic exercise regularly



PHA brings together public, private and nonprofit leaders to end childhood obesity.



Faculty Health Cohort & Student Health and Counseling Center partnered to bring the PHA to campus.



Fresno State has committed to make the campus healthier by adopting guidelines around food, nutrition, physical activity and programming.



Fresno State is the first CSU campus to make this 3-year commitment to join over 45 universities across the country.



Fresno State to be recognized at the *Building a Healthier Future Summit* in Washington, D.C. on May 10-12, 2017.



## Highlights

Convene a campus-wide planning coalition to advise the initiative

Healthy icon to identify healthier food options on campus

Marked walking routes on campus to easily walk along the Bulldogs Trails

Outdoor fitness systems

Storage of breast milk in campus lactation stations.