

Mission:

To protect, promote & improve the health of all people in Florida through integrated state, county & community efforts.



Rick Scott
Governor

Celeste Philip, MD, MPH
Interim State Surgeon General

Vision: To be the **Healthiest State** in the Nation

April 25, 2016

FLORIDA DEPARTMENT OF HEALTH IN GULF COUNTY CELEBRATES EVERY KID HEALTHY WEEK

**Contact:**

Sarah Hinds, PIO

Sarah.Hinds@flhealth.gov

850-227-1276

Gulf County, Fla.— April 25-29 is Every Kid Healthy™ Week and the Florida Department of Health in Gulf County (DOH-Gulf) will be hosting educational booth displays at the Port Saint Joe and Wewahitchka Elementary schools to promote and celebrate their school's wellness achievements. This week, local health offices statewide are partnering with schools to host events related to nutrition, physical activity and learning.

"Healthy kids are active and ready to learn, which is key to academic success in school", said Marsha Lindeman, Administrator for the Florida Department of Health in Gulf and Franklin Counties. "As we celebrate this week, we recognize the importance of continuing to work with school professionals, families and community partners to promote healthy eating, physical activity and healthier schools where kids thrive. Our Gulf County Community Health Improvement Partners, who meet monthly, remain committed to identifying strategies to enhance youth health and wellness."

Launched nationally by Action for Healthy Kids in 2013, [Every Kid Healthy Week](#) is an annual observance held in the last week of April that shines a spotlight on the great efforts schools are making to improve the health and wellness of their students. The observance also provides an opportunity for everyone in the country to get involved by supporting sound nutrition, regular physical activity and health-promoting programs in schools.

Educational materials at the booths will include the 5-2-1-0 campaign, which stands for 5 fruits and vegetables, 2 hours of recreational screen time (or less), 1 hour of physical activity (or more), and zero sugary drinks. Since the beginning of the school year, DOH-Gulf School Health nurses have promoted the campaign and incorporated a "Healthy Food of the Month" through a variety of fun and interactive messaging strategies.

Unhealthy weight puts children at risk for a variety of health complications and chronic diseases. Evidence shows students who eat right and are physically active in school learn healthy lifelong habits and are better equipped to succeed academically.

Teachers, parents, and individuals who want to learn and get involved can visit

<http://www.healthiestweightflorida.com/activities/every-kid.html> and [Every Kid Healthy Week](#).

Florida Department of Health

in GULF COUNTY

2475 Garrison Avenue, Port St. Joe, Florida 32456

PHONE: 850/227-1276 • FAX 850/227-7587

www.FloridaHealth.gov

TWITTER:HealthyFLA

FACEBOOK:FLDepartmentofHealth

YOUTUBE: fldoh

FLICKR: HealthyFla

PINTEREST: HealthyFla

Community organizations and partners interested can also join the Gulf County Community Health Improvement Partnership. The local partnership recently identified healthy weight of youth as a health priority. To learn more, contact the Florida Department of Health in Gulf County at 850-227-1276.

About Action for Healthy Kids®

Action for Healthy Kids is the nation's leading nonprofit and volunteer network fighting childhood obesity and undernourishment by helping schools become healthier places where kids learn to eat right, be active every day, and better prepared to learn and succeed academically. Action for Healthy Kids reaches nearly 12.9 million students in 29,000 schools with the help of 80,000 volunteers and champions. Learn more at www.ActionforHealthyKids.org, on [Facebook](#) and on [Twitter](#).

About Healthiest Weight Florida

Healthiest Weight Florida is a public-private collaboration bringing together state agencies, not-for-profit organizations, businesses and entire communities to help Florida's children and adults make consistent, informed choices about healthy eating and active living. To learn more about how to be active and make nutritious food choices, visit <http://www.healthiestweightflorida.com/>.

About the Florida Department of Health

The department, nationally accredited by the [Public Health Accreditation Board](#), works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

Follow us on Twitter at [@HealthyFla](#) and on [Facebook](#). For more information about the Florida Department of Health please visit www.FloridaHealth.gov.