

March 9, 2016

FLORIDA DEPARTMENT OF HEALTH RECOGNIZES DIETITIANS AND NUTRITIONISTS



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Tallahassee, Fla. — Today is Registered and Licensed Dietitian/Nutritionist Day and the Florida Department of Health is proud to support the local efforts of our licensed public health dietitians/nutritionists. The department's licensed public health nutritionists/dietitians help Floridians establish healthy eating habits and enjoy healthier lives.

"Healthy eating is essential for good health," said State Surgeon General and Secretary of Health Dr. John Armstrong. "Nutritionists and dieticians provide our communities in Florida with avenues for health success, and I'm happy to recognize them for their exemplary service."

Public health nutritionists provide specific nutrition and breastfeeding counseling to help clients achieve their personal nutrition and physical activity goals. Through the Supplemental Nutrition Program for Women, Infants, and Children (WIC), licensed dietitians/nutritionists offer nutrition assessment, nutrition education and counseling, and breastfeeding support at no cost to women who are pregnant, breastfeeding or who have recently been pregnant, and for their young children.

With so much information about nutrition available today, licensed dietitians/nutritionists are working to help Floridians statewide determine what healthy eating means for them. These professionals assess the nutritional needs of the community and partner with local stakeholders to help ensure the coordination, availability and ability of residents to obtain nutritious foods, nutrition education, nutrition/health screening, breastfeeding promotion and support and referral to health care services. Some highlights of local efforts supporting nutrition include:

- In **Palm Beach County**, registered and licensed dietitians will present a cooking demonstration and taste testing for clients as part of its celebration of National Nutrition Month. The staff will also present a session on "Heart Disease and You."
- In **Pinellas County**, Women Infants and Children (WIC) and Nutrition and Healthiest Weight staff are working together to make National Nutrition Month® a feast of offerings to help everyone make better choices. Dietitians and interns are leading educational sessions during lunch to educate staff about nutrition. Cooking demonstrations, recipes and breastfeeding sessions will round out the month of March.

- In **Putnam County**, Nutrition Educator Will Devlin, also known as “Captain Nutrition” joined his “side-kicks,” Razz and Kiwi, for a “Get Moving Class” at the local health office in Palatka and at two off-site locations, Interlachen and Crescent City. Children participated in various activities, learned about healthy eating, and sampled foods made completely with WIC approved food items.

Contact your local county health department to see what public health nutrition services are available in your community.

About the Florida Department of Health

The department works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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