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FLORIDA DEPARTMENT OF HEALTH SUPPORTS EVERY KID HEALTHY WEEK WITH STATEWIDE EVENTS



Contact:

Communications Office
NewsMedia@flhealth.gov
850-245-4111

Tallahassee, Fla.— April 25-29 is Every Kid Healthy™ Week and the Florida Department of Health invites local governments, schools and communities across the state to promote and celebrate their school's wellness achievements. This week, the department's local health offices statewide are partnering with schools to host events related to nutrition, physical activity and learning.

"Looking toward the future, it is so important for us to do everything we can to ensure Florida's children live healthy and productive lives," said Interim State Surgeon General and Secretary of Health Dr. Celeste Philip. "This week gives us the opportunity to plug into the efforts taking place in schools across the state to help children get the best possible start at health."

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.

Healthiest Weight Florida is partnering with local schools to host events including second grade nutrition education in Liberty County, a field day in Clay County and special physical education activities for students in Gadsden County.

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. In 2015, more than 1,500 schools, 760,000 students, and 37,000 parents, teachers, and volunteers participated in Every Kid Healthy Week celebrations.

In 2016, more than 1,000 schools nationwide have committed to host an Every Kid Healthy Week event, with additional schools signing on every day. To find out more about what is going on in your county, contact your local health office.

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.

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.

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