



FOR IMMEDIATE RELEASE

January 14, 2013

Contact: Department of Health
Communications, (850) 245-4111

STATE AGENCIES SHARE IMPORTANCE OF HEALTH LITERACY

~ Week-long celebration encourages reading ~

ORLANDO— In a continued effort to promote the connection between reading and health, the Department of Health has teamed up with the Department of Education to celebrate, encourage and promote the 2013 Celebrate Literacy Week during the week of January 14-18. State Surgeon General and Secretary of Health Dr. John Armstrong today joined in the Celebrate Literacy Week festivities at Nemours Children's Hospital in Orlando by reading a health book.

"Reading about health exercises the mind and puts a child on course for healthy living," said State Surgeon General and Secretary of Health Dr. John Armstrong. "Reading and literacy can plant the seeds for healthy habits that last a lifetime."

In honor of the week, community members across the state will visit kindergarten, first and second grade classrooms to read "James Wakes Up to School Breakfast," a nutrition book that encourages students and their families to eat the most important meal of the day, breakfast.

"Reading takes focus and determination," said Commissioner of Education Tony Bennett. "Without the proper fuel, our bodies are not up to the challenge of learning. Students learn more, achieve more and feel better about themselves when they start the day with a healthy breakfast."

Studies have found that students who eat breakfast before starting school have an increase in math grades and reading scores, increased attention levels, reduced school nurse visits, and improved behavior.

DOH protects, promotes and improves the health of all people in Florida through integrated state, county and community efforts.

Follow us on Twitter at [@HealthyFla](#) and on [Facebook](#). For news story ideas, interviews, videos and more from DOH Communications visit the [DOH Online Newsroom](#).

###