

Mission:

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



Rick Scott
Governor

John H. Armstrong, MD, FACS
State Surgeon General & Secretary

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

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FLORIDA DEPARTMENT OF HEALTH CELEBRATES SCREEN-FREE WEEK

TALLAHASSEE—Screen-Free Week is an annual celebration from May 4–10 when families, schools and communities swap digital entertainment for the joys of life beyond the screen. The Florida Department of Health and Healthiest Weight Florida are celebrating the week by encouraging Floridians to take the challenge: play, create, get active and spend more time with family and friends instead of watching TV, surfing the web or playing with apps and video games this week.

“Screen-Free Week is an excellent opportunity to rebalance our use of digital entertainment,” said State Surgeon General and Secretary of Health Dr. John Armstrong. “It’s a chance for Florida’s children, adults, and families to reconnect with the world around them by being active outside and in our communities.”

According to the National Institute of Health, children watch an average of three hours of television a day and spend a total of five to seven hours in front of a screen. Excessive screen time is linked to poor school performance, trouble sleeping, attention problems and increased risk of unhealthy weight.

Learn how you can replace screen time by referencing the [Family Guide to A Great Screen-Free Week](#). If you would like to organize an event, the Campaign for a Commercial-Free Childhood has created an [Organizer’s Kit](#) to walk you through the process. The kit includes all the suggestions, activities and handouts you’ll need.

For more information about Screen-Free Week, and for additional resources, please visit <http://www.screenfree.org>.

For a fact sheet on children and screen time, please visit <http://www.screenfree.org/research-and-fact-sheets/>.

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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 Healthiest Weight Florida, please visit www.HealthiestWeightFL.com.

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Florida Department of Health

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