

April 25, 2016

FLORIDA DEPARTMENT OF HEALTH IN ESCAMBIA COUNTY HOSTS ACTIVITY FOR EVERY KID HEALTHY WEEK



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Pensacola, Fla. – April 25-29 is Every Kid Healthy™ Week and the Florida Department of Health in Escambia County (FDOH-Escambia) is hosting an activity at Molino Park Elementary School in Molino Park, Florida 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.

"It is important for our younger generation to learn and exude healthy habits at an early age so that they can have the best chance at leading long and healthy lives as adults," said FDOH-Escambia Director John J. Lanza, MD, PhD, MPH, FAAP.

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.

Working in conjunction with Molino Park Elementary cafeteria staff, FDOH-Escambia School Health nurse, Marie Gibson, coordinated efforts to feature a different color of a fruit or a vegetable for each day of the week in the school cafeteria. This week-long activity promotes healthy behaviors and the consumption of a colorful variety of nutritious foods. Students bringing lunches from home are also encouraged to participate by bringing a fruit or vegetable in the selected color each day.

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 [Healthiest Weight Florida](#) 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.

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

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