

April 25, 2017

FLORIDA DEPARTMENT OF HEALTH IN BREVARD COUNTY HOSTS EVENT FOR EVERY KID HEALTHY WEEK



Contact:

Anita Stremmel

Anita.Stremmel@flhealth.gov

321-615-9323

Merritt Island, Fla.— April 24-28 is Every Kid Healthy™ Week and the Florida Department of Health in Brevard County (DOH-Brevard) is hosting an event at Longleaf Elementary in Melbourne 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.

"We are proud to support Every Kid Healthy™ Week," stated Maria Stahl, DOH-Brevard Administrator. "Healthy kids learn better and anything we can do to help children succeed in school is worth the effort."

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.

DOH-Brevard Health Educator, Sophia Tomadakis, will be available to offer a healthy food tasting to all 114 3rd grade students at Longleaf Elementary School in Melbourne. In addition, high school student volunteers from Eau Gallie High School will lead the children in a variety of physical activities.

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 <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.

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