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



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Ocala, Fla.—April 25-29 is Every Kid Healthy™ Week and the Florida Department of Health in Marion County is hosting an event at Wyomina Park Elementary School, 511 NE 12 Ave. in Ocala, 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.

"Healthy kids learn better," said Erin Hess, Health Officer at the Florida Department of Health in Marion County. "Our partners at Marion County Public Schools are working hard to improve the health and wellness of their students, and we are glad that we can help them make the connection between nutrition, physical activity and learning."

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.

The department is partnering with Marion County Public Schools, the Marion County Children's Alliance, and Measure Up Marion for Every Kid Healthy Week. An educational session for parents on Tuesday, April 26, at Wyomina Park will cover the importance of MyPlate guidelines and how to eat healthy on a budget. The event features a healthy snack taste test, a hula hoop activity and free MyPlate placements to take home. A children's poster contest on the benefits of healthy eating or physical activity is underway at Marion County Public Schools Extended Day Programs. Judging is April 26 at all extended day sites.

The department is also partnering with Action for Healthy Kids and the National Dance Week Foundation for Ocala's Dance and Fitness Festival at Reilly Arts Center's Amphitheatre and Tusawilla Park, 300-899 NE Sanchez Ave. in Ocala. Staff will offer information on healthy snacking and a relay race activity to get kids moving to promote the importance of healthy eating and physical activity.

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 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 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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