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## FLORIDA DEPARTMENT OF HEALTH IN LEE COUNTY TO HOST EVENT FOR EVERY KID HEALTHY WEEK



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**Lee County, Fla.** — April 25-29 is Every Kid Healthy™ Week and the Florida Department of Health in Lee County is hosting an event at Lehigh Acres Middle School in Lehigh Acres 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.

"There are strong correlations that a child's brain development is enhanced by a nutritious diet and regular exercise. Increasing the opportunities for kids to be active is a win for their health, and a win for their report card" says Kevin Kirkwood, MPH, Health Promotion Education Manager with DOH-Lee.

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.

On April 29<sup>th</sup>, through the collaborative efforts of DOH-Lee and school nurse Gabrielle Camarda, RN, MSN-PH, all 1,180 students of Lehigh Acres Middle School will enjoy a "5-2-1-0" presentation in their cafeteria during lunchtime. School staff will be available to answer healthy lifestyle questions from the students and handout educational materials.

After lunch, the Positive Behavior Support program will host an activity celebration promoting positive healthy activities. During the celebration, students selected by staff for demonstrating positive behavior will be rewarded with free time activities including a Hula Hoop contest and soccer games.

The Lee County School District will also have their new Healthy Fit-Lab on-site providing music and instructions on how to get active while students dance to their favorite songs.

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](http://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.

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