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



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Tavares, Fla. — April 25-29 is Every Kid Healthy™ Week and the Florida Department of Health in Lake County (DOH-Lake) is hosting events at Mascotte Elementary Extended Learning Center (ELC) in Mascotte and at Liberty Christian Preparatory School in Tavares. The events will 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's been proven that early introduction to healthy food can help children develop healthier eating habits and reduce childhood obesity. This is why events such as this one are important and can make a huge difference in their future" said Aaron Kissler, Administrator of the Florida Department of Health in Lake County.

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-Lake staff will be introducing the students to "Alive with 5." Through different planned activities, students will learn that they can use their plate to make a healthy plate. A healthy plate has 5 food groups to get all of the necessary nutrients they need and a healthy plate is good for them!

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.

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