

August 17, 2015

## CHILD NUTRITION AND STUDENT HEALTH IN SANTA ROSA COUNTY HIGHLIGHT OF STATE SURGEON GENERAL VISIT



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**Navarre, Fla.** — Today, State Surgeon General and Secretary of Health Dr. John Armstrong visited Santa Rosa County to highlight students and their commitment to lead healthy lifestyles. The event at Holley-Navarre Middle School featured a number of activities including a chat with students about how to achieve their healthiest weight, accolades to county and school officials for putting an emphasis on health, and a demonstration video showing simple, fun exercise techniques to get kids moving led by Dr. Armstrong.

The Health in All Places Tour is a chance for state, local and community leaders to come together to highlight what each coastal county has to offer when it comes to health. County Health Departments are located in each county that are charged with promoting health and providing necessary health services to their communities. This tour is a chance to highlight those services and how they move health forward in communities across Florida.

The department is offering free, broadcast-quality video for use by the media from this event. You'll find 40 seconds of video followed by two interviews at the FTP link [http://ww10.doh.state.fl.us/pub/dohcomm/HiAP\\_SANTA\\_ROSA.mp4](http://ww10.doh.state.fl.us/pub/dohcomm/HiAP_SANTA_ROSA.mp4). Below is a suggested script followed by verbatim from the soundbytes.

SANTA ROSA COUNTY IS BEING HIGHLIGHTED BY THE FLORIDA DEPARTMENT OF HEALTH AS PART OF THE HEALTH IN ALL PLACES TOUR. TODAY, STATE SURGEON GENERAL AND SECRETARY OF HEALTH DOCTOR JOHN ARMSTRONG JOINED COMMUNITY LEADERS AS THEY SHARED WITH STUDENTS THE IMPORTANCE OF ACHIEVING AND MAINTAINING A HEALTHY WEIGHT. THIS IS ONE STOP IN A COMPREHENSIVE COASTAL TOUR TO DRAW ATTENTION TO THE MANY ACTIVITIES FLORIDA HAS TO OFFER THAT ALLOW RESIDENTS THE OPPORTUNITY TO GET AND STAY HEALTHY.

NAME: Joie DeStefano/Principal, Holley-Navarre Middle School

LENGTH: 17

OC: "what we eat"

“It was nice for them to see members of the community, people from Tallahassee and overall coming together to tell them how important health and education ties in and health and nutrition is because we are what we eat.”

NAME: Dr. John Armstrong/State Surgeon General/Florida Department of Health

LENGTH:

OC: “state of Florida”

“This school has built into its curriculum healthy choices, thinking about what you are eating and how you can be active in surprising ways so this was I think the right place to start on the first day of school in the state of Florida.”

TAG: THE TOUR CONTINUES TOMORROW IN OKALOOSA AND WALTON COUNTIES WHERE HEALTH OFFICIALS AND COMMUNITY PARTNERS WILL HIGHLIGHT THE IMPORTANCE OF COMMUNITIES GETTING ACTIVE.

### **About the Florida Department of Health**

The department works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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