



Healthy Okaloosa Schools Information Sheet

1 What is Healthy Okaloosa Schools?

- An initiative based on components of the nationally recognized *Let's Go!* childhood obesity prevention program
- Focused on building and sustaining healthy behaviors and their long-term benefits

2 What are the goals?

- Increase the number of Okaloosa County schools promoting healthy habits
- Reduce obesity rates in Okaloosa County by increasing physical activity and healthy eating for students and staff
- Implement sustainable strategies to promote a healthy lifestyle

3 What are the benefits?

- Evidence-based program that can lead to healthier schools, healthier children and a healthier Okaloosa
- Technical assistance provided to the school district and participating schools helping them meet Healthy District and Healthy School Team goals

4 What are the components?

- School Health Index
- Parent Engagement
- Whole school activities
- Healthier school environments sustained through policy and environmental changes
- 5210 education

5 What are our next steps?

- Partner with the School Health Advisory Council and local schools to provide assistance with Healthy School Team compliance
- Introduce Healthy Okaloosa Schools throughout the county
- Spread the 5210 message through existing school committees, classrooms and programs (e.g. SAC, food and nutrition services)

For more information or to request a partnership application, please contact us at Okaloosa-SchoolHealth@flhealth.gov or (850) 833-9240 ext. 2138.



Making Healthy Habits

into

Every Day Policies



Eat five or more fruits & vegetables every day.



Healthy Celebrations

Sixty percent of all celebrations (parties) held by staff during normal school hours must offer fruit and vegetable options to students.



Limit recreational screen time to two hours or less every day.



Screen-Free Days

The school will participate in screen-free week by offering education and establishing a set time in the school day to unplug and PLAY.



Be physically active at least one hour every day.



Physically Active Brain Breaks

Starting on [Said Date] all teachers will plan at least one 10-minute physical activity break for each hour of curriculum time.



Cut back on soda, sugar-sweetened tea, fruit or sports drinks every day.



Operation: Eliminate Sugary Beverages

The school will only offer water during extended care hours and will limit parents to sending only one sugary beverage per day.



Eliminate use of and Exposure to tobacco **and** nicotine products.

Promote Tobacco-Free Lifestyles

Each year the school will include the promotion of tobacco-free lifestyles during Red Ribbon week.

*These are sample policies intended to provide schools with ideas that may lead to a healthier school environment.