Schools across the county have partnered with the Florida Department of Health in Okaloosa County to present Healthy Okaloosa Schools. Together we are making Okaloosa County a Healthier Place to Live, Learn, Work and Play!

Eat five or more fruits and vegetables every day.
Each January, many of us make resolutions to live a healthier life, but only a small percentage of people stick to their goals the entire year. Maintaining your goals is harder after the excitement is over, but it is not impossible. Start with one of these goals and slowly add another throughout the year.

- Eat less saturated fats. Cut back on fatty meats, high-fat dairy, cakes, cookies and butter.
- Get more fiber. Eat vegetables, fruits and whole grains to add fiber to your diet.
- Read the nutrition fact label and choose foods and drinks that are lower in sugar.
- Look for the low sodium or "no salt added" types of canned soups, vegetables, packaged meals, snack foods, and lunch meats.

Source: www.healthfinder.gov/

Limit recreational screen time to two hours or less each day.
This year, teach your child to reduce their screen time by practicing these tips:

- Enjoy screens: Encourage your child to use devices for tools; for creation, discovery and connection. Only two hours a day.
- Not too much: Too much screen time contributes to poor sleep, obesity, and the risk of negative mental, social and emotional outcomes.
- Mostly Together: Do not use screens as a babysitter. Join your child. Help them understand what they are watching on T.V. or doing online.

Source: nprED, How Learning Happens

Healthy Happenings
January
- National Birth Defects Prevention Month
- National Blood Donor Month
- National Glaucoma Awareness Month
- January 20 - 27 National Certified Nurse Anesthetists Week
- January 15 Martin Luther King Day of Service

Healthy Spotlight
You are Invited to the next Healthy Okaloosa Schools Development Team Meeting!
Date: January 17, 2018
Time: 3:30 PM - 4:30 PM
Location: 221 Hospital Drive NE, Fort Walton Beach, FL 32548

At this meeting, we will discuss the Healthy Okaloosa Schools initiative. This initiative encourages healthy lifestyle habits within schools and the community. The meeting is open to anyone wanting to promote health. You can attend in-person, call-in, or join through webinar. For more information or a link to attend online, email your request to Okaloosa-SchoolHealth@Flhealth.gov.
Be physically active at least one hour every day.
Do not let cold weather keep you from being active outside. Try these tips for exercising during cold weather to stay fit, motivated and warm.
- Check the weather. Getting wet from rain makes you more helpless to cold and can mess with your body's ability to control your core body temp. Try being active indoors on cold, rainy days.
- Dress in layers. Remove the layers when you start to sweat and put them back on as needed.
- Protect your head, hands, feet, and ears. When it is cold, blood flow is focused in your body's core, leaving your head, hands and feet exposed to cold.
- Hydrate. It is just as important during cold weather as it is in the heat. Drink water before, during and after your workout, even if you are not thirsty.

Cut back on soda, sugar-sweetened tea, fruit or sport drinks.
Smoothies are healthy and delicious. They are jam packed with vitamins and contain several servings of fruits and vegetables. Not all smoothies are created equal. The smoothies you get from a café or store can be high in calories and added sugars. If you want a healthier smoothie, follow these steps:
- Order a child's size if available.
- Make your own smoothies at home using your favorite fruits and vegetables.
- Look at the nutrition information for each type of smoothie and pick the one with the fewest calories. You can also check the café's website for nutritional information.
- Hold the added sugar. Many smoothies contain added sugar in addition to the sugar naturally in fruit, juice, or yogurt. Ask that your smoothie be made without added sugar.

Eliminate use of and exposure to tobacco and nicotine products.
Smokeless tobacco is a tobacco product that can be sucked, chewed, spit, or swallowed depending on the type. The two main forms are chewing tobacco and snuff. Smokeless tobacco is made from tobacco leaves and it contains nicotine. Nicotine is a very addictive drug that can harm brain growth. Smokeless tobacco contains at least 28 cancer-causing chemicals. It can cause cancer of the mouth, esophagus, and pancreas. Using this product can increase the risk of death from heart disease and stroke. Smokeless tobacco stains teeth and causes bad breath. Many smokeless tobacco users have gum disease and tooth decay. It is not a safe alternative to cigarettes.

Healthy Recipe
Jerk Marinated Florida King Mackerel

Ingredients:
- 4 (6-ounce) Florida King Mackerel Fillets (or any fish substitute)
- 3 tablespoons jerk marinade
- 1 lime, juiced

Directions:
- Rub the jerk marinade onto the fillets and let marinate for 30 minutes in the refrigerator
- Preheat the oven to 375 degrees
- Place the fillets on a greased sheet pan and bake for about 15 minutes or until cooked thoroughly
- Sprinkle with lime juice and serve warm with rice and your choice of vegetable

Tooth Truth
There are five basic steps to help keep your teeth and gums healthy:
- Brushing
- Flossing
- Rinsing
- Eating less sugary foods
- Visiting the dentist

From the Kitchen
Squash is a type of fruit that is labeled a vegetable in cooking. There are a variety of squash with a wide range of colors, flavors, shapes, and textures. Squash can be added to all sorts of recipes. It can be steamed, roasted, baked, grilled, and fried. Squash is full of essential nutrients, vitamins, and minerals making it a healthy and delicious part to any meal.