

Mission:

To protect, promote & improve the health of all people in Florida through integrated state, county & community efforts.



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Vision: To be the Healthiest State in the Nation

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LOCAL STUDENTS WORK TOWARD A HEALTHIER FUTURE

~DOH-Walton Provides Nutrition Education to High School~

WALTON COUNTY— The Florida Department of Health in Walton County (DOH-Walton), students and teachers at Walton High School are making strides in promoting healthy behaviors. Through the HOPE (Health Opportunities through Physical Education) classes at Walton High, teachers and school health nurses made positive steps in promoting physical activity and nutritional awareness with over 350 participating students. Each student made healthy goals for the school year and the students' progress toward their goals are evaluated each nine-week session.

Of the participating students, 255 students attended both screenings during the first semester to determine their progress toward their goals. Of these, 78 percent maintained a normal body mass index (BMI) or made positive progress toward their goal. Of the 255 students, 130 were considered to be underweight, overweight or obese. Of those underweight, 71 percent made positive progress toward their goal weight, and 59 percent of those overweight or obese made progress toward their goal.

The School Health Program at DOH-Walton has adopted the 5-2-1-0 curriculum when promoting healthier lifestyle choices with Walton County students.

- **5 or more** fruits and vegetables a day. A diet rich in fruits and vegetables provides vitamins and minerals, important for supporting growth and development, and for optimal immune function.
- **2 hours or less** of recreational screen time a day. Screen time includes TV, computer, and gaming consoles. All are important to limit.
- **1 hour or more** of physical activity a day. Let the physical activity be fun. This could include taking a walk with your family, playing with your pet, riding your bike, dancing to music, taking the stairs or parking the car at the end of the parking lot.
- **0 sugary drinks**, more water and low-fat milk. This simple step can have a big impact on your health and your family's health. Water is fuel for your body! It is the best choice before, during, and after physical activity. Sugary drinks include sodas, sports drinks, fruit drinks and juice.

"5-2-1-0 is a fantastic guideline on how to make healthier choices every day," says Holly Holt, DOH-Walton Administrator. "The 5-2-1-0 message isn't just for students but is also for the adults that want to make their future healthier."

The School Health Program is a collaborative effort between DOH-Walton and the Walton County School District to improve the health of Walton County students and improve students' success in school.

The Department works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts. Follow us on Twitter at [@HealthyFla](#) and on [Facebook](#). For more information about the Florida Department of Health, please visit www.floridahealth.gov.

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