



May 2019

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.

A diet high in sodium can lead to high blood pressure. Most food you buy or order already contains sodium. About 65% comes from store foods, 13% from fast food, and 9% from school cafeteria foods. Cut back on sodium!

Try these low sodium quick tips:

- When at the store, read the nutrition label and choose low

sodium foods.

Support healthy sodium standards for snacks and meals in the school cafeteria and served at school events.

When at restaurants and fast food eateries, select a lower sodium food choice. Ask that no salt be added to your food.

Visit www.cdc.gov for the 10 common foods that contribute 43% of sodium to children's diets.

Source: CDC.GOV



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

Screen Free Week is April 29 – May 5, 2019. Unplug from digital devices and try something new. Or pick back up an old hobby. Here are some fun activities you and your family can do!

- Plan a picnic or barbeque
- Try a new craft
- Learn about a different culture
- Cook dinner with your family
- Take a nature hike or ride a bike
- Plant or work in your garden
- Play a board game with family
- Watch a sunrise or sunset
- Play a sport with friends



Source: Screen Free Week

May 8, 2019 is National Bike To School Day. Color the picture below!



Healthy Happenings

May

- [Asthma and Allergy Awareness Month](#)
- [Better Sleep Month](#)
- [National Bike Month](#)
- [National Mental Health Month](#)
- [National Physical Fitness and Sports Month](#)
- [May 5 – 11 Be Kind to Animals Week](#)
- [May 8 School Nurse Day](#)

Source: National Wellbeing Institute, INC

Healthy Spotlight

Congratulations to the 2018-2019 Healthy Okaloosa Schools!

- | | |
|-----------------|---------------|
| • Antioch | • Longwood |
| • Bob Sikes | • Mary Esther |
| • Destin | • Plew |
| • Edwins | • Riverside |
| • Elliott Point | • Shalimar |
| • Florosa | • Walker |
| • Kenwood | • Wright |

Elementary

- | | |
|----------------|---------------|
| • Bruner | • Pryor |
| • Davidson | • Ruckel |
| • Destin | • Shoal River |
| • Lewis School | • Meigs |

Middle

- | | |
|------------------|---------------------|
| • Crestview | • Niceville |
| • Choctawhatchee | • Fort Walton Beach |

High



Be physically active at least one hour every day.

Youth that practice healthy habits at an early age are more likely to keep those habits into adulthood. Youth that spend more time being active tend to grow up to be more active adults. Regular exercise can help lead to better health. Youth need at least 60 minutes of physical activity every day. This helps youth to grow strong and maintain a

healthy weight. It also helps to boost mood and increase self-esteem. Physical activity is anything that gets your heart pumping or makes you stronger. Think of some fun ways to get the whole family moving!



Source: [Play Every Day](#)



Cut back on soda, sugar-sweetened tea, fruit or sport drinks.

As the temperature gets hotter outside, your body will start to sweat more from the heat. It is important to drink lots of water to replace the fluid you are losing through sweat. Our bodies need water to work properly. If you do not drink enough water, you can become dehydrated. Signs of dehydration include:



- Intense thirst
- Feeling lightheaded, dizzy, or tired
- Rapid heartbeat
- Dry lips and mouth
- Dark or strong-smelling urine

Source: [Kids Health](#)



Eliminate use of and exposure to tobacco and nicotine products.

Do you have a friend or loved one that you want to quit using tobacco? Tobacco users must decide that they want to quit. But there are many ways that you, as their friend or family member, can help them to become tobacco free. Here are some tips on how to do that.

- Let that person know that you are there for them in case they need anything, even if it is just to talk. Do not judge or nag.
- Be understanding. Always keep in mind that tobacco is very addictive and is hard to quit.
- Stay positive. Help them focus on the many benefits of quitting.
- Remind them to keep trying. It takes most smokers several attempts before they quit for good.

Source: [Tobacco Free Florida](#)

Healthy Recipe

[Florida Tropical Slaw](#)

Ingredients:

- 1/2 head red cabbage, thinly shredded
- 2 carrots, grated
- 1 mango, diced small
- 2 tablespoons sugar
- 2 tablespoons 100% orange juice
- 2 green onions, thinly sliced
- 1/4 cup apple cider vinegar
- 1/4 cup vegetable oil or other neutral oil
- 2 tablespoons cilantro, chopped fine
- Sea salt & fresh ground pepper to taste

Directions:

- In a small bowl, combine sugar, orange juice, vinegar, oil, salt & pepper & whisk until the sugar dissolves. Set aside
- In a large bowl, combine the cabbage, carrots, mango, green onions, and cilantro. Season with salt & pepper. Add the dressing & toss to combine
- Cover & refrigerate until ready to serve



Source: [Fresh From Florida](#)

Tooth Truth

Something stuck in your teeth? You may be tempted to use whatever you have on hand to clean it out. This can be harmful to your mouth. Instead, use tools designed for cleaning between your teeth like:

- Dental picks
- String floss
- Tiny brushers
- Water flossers



Source: [Mouth Healthy](#)

