

TEAM CHAIRS:

- School/Community Garden Team: Sarah Bossa
- Safe Ways to Schools & Rails to Trails Action Team: John Gallagher
- We Can! Education Team: Katie Miller

QUESTION OF THE MONTH:

IN ESCAMBIA COUNTY, WHAT PERCENTAGE OF CHILDREN ARE CONSIDERED TO BE OVERWEIGHT OR OBESE ?

- A: 27%
- B: 37%
- C: 47%
- D: 57%

Answer: B

Guest Speaker

Shannon Leon, Escambia County Health Department's Pre-K Supervisor, was our guest speaker for the meeting in June. She spoke about efforts being made to educate kids and their parents on the importance of a healthy lifestyle. Shannon explained how the nurses in the pre-k program are conducting screenings to test body mass index (BMI). The nurses found that the BMI of children is increasing, and that nearly 30% of all daycare students are considered overweight or obese. Shannon gave examples of how she and her fellow nurses are teaching students through role playing, and how they're taking extra steps to educate parents. Shannon welcomes ideas on how to improve their efforts, and how to get more volunteers. Please contact Shannon with any ideas or suggestions at: shannon_leon@doh.sate.fl.us

School/Community

Garden

In Escambia County there are currently nine schools with gardens and 10 others that are

interested in starting one. Sarah Bossa will be conducting an orientation for the upcoming garden projects and will create a schedule of when work will begin on the new gardens. Information will soon be available on the HST's website. UWF staff members are working with the garden team to create leadership positions. Sarah is planning two Saturday workdays every month, as well as a road trip to the community garden in New Orleans. Sarah also invites all who are interested to attend Atlanta's gardening conference.

Safe Ways to School & Rails to Trails

The Safe Ways to School program has been in collaboration with the school district as well as the Florida Department of Transportation. They have come to the conclusion that it would be in the program's best interest to conduct walking school buses with non-school organizations only; this is to avoid any potential legal issues while working with the county. The mission of the team is to increase the number of walking school buses and to improve sidewalks. Some areas of interest include Montclair, Navy Point,

Park, Pine Meadows, West Florida, Ferry Pass, Workman, and Bellview. The team is also working on various strategies to calm traffic. One such method includes planting trees along roadways which has proven to slow the flow of traffic.

We Can!

We Can! is planning a Healthy Carnival that will be held on July 30th at the Fricker Center. The goal of the carnival is to incorporate healthy messages into fun activities. Family activities include a bean bag toss, ring toss, duck pond game, fruit and vegetable face painting, health Q&A, basketball toss, and a bulls-eye booth. Attendees will also have the opportunity to taste various fruits and vegetables, as well as create their own veggie pizzas, parfaits, and trail mix. If you're interested in volunteering, please contact Courtney at Courtney@unitedwayescambia.com or 850.982.7212.



Upcoming Events/Announcements

- July 30th: Healthy Carnival hosted by We Can!
- We Can! is in need of a new chair. If you or someone you know is interested please contact Katie or Nakia at 850.595.6272.
- There will not be an August Health Solutions Team meeting. Meetings will resume in September.

Applause!

Congratulations to the following schools for winning the Healthy Schools Program National Recognition Award from the Alliance for a Healthier Generation: Cordova Park Elementary, Ferry Pass Elementary, Ferry Pass Middle, L.D. McArthur Elementary, O.J. Semmes Elementary, Warrington Middle, Bellview Middle, and Workman Middle Schools.