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DOH-OKALOOSA LAUNCHES HEALTHY OKALOOSA WORKSITES



Contact: Ryan Mims
HealthyOkaloosaPIO@flhealth.gov
(850) 833-9240 ext. 2162
Cell: (850) 420-2198

Ft. Walton Beach, Fla. — On January 21, the Florida Department of Health in Okaloosa County (DOH-Okaloosa) launched the latest community health initiative, Healthy Okaloosa Worksites. Healthy Okaloosa Worksites is a certification for employers that commit to evaluating their worksite and making policy and environmental changes to promote the health and wellness of their employees. Nine worksites across Okaloosa County have committed to empowering employees to make healthier choices for themselves and their families.

Current participants in Healthy Okaloosa Worksites include:

- Acentria Insurance
- Beulah Christian Academy
- Boys and Girls Club of the Emerald Coast
- Childcare Network Inc #142
- City of Fort Walton Beach
- City of Mary Ester
- Florida Department of Health in Okaloosa County
- Northwest Florida State College Childcare Center
- Revive Media Services

“The ultimate vision for the Florida Department of Health is to make Florida the healthiest state in the Nation,” stated Karen A. Chapman, Director of DOH-Okaloosa. “Local initiatives like Healthy Okaloosa Worksites help support that vision and ensure that Okaloosa County is a healthy place to live, learn, work and play.”

The Healthy Okaloosa initiative uses the 5210 principles to aid the community in creating sustainable changes toward a healthy lifestyle.

- 5 Eat five or more fruits and vegetables every day. Encourage and support breastfeeding.
- 2 Limit recreational screen (TV, computer, etc.) time to two hours or less each day.
- 1 Be physically active at least one hour every day.
- 0 Cut back on sugar-sweetened beverages. Eliminate use of and exposure to tobacco and nicotine products.

Other sectors of the current Healthy Okaloosa initiative include Healthy Okaloosa Childcare and Healthy Okaloosa Schools. DOH-Okaloosa plans to launch Healthy Okaloosa Afterschool and Healthy Okaloosa Summer Care later this year.

For more information on how to be involved with any of our Healthy Okaloosa initiatives, please contact us at HealthyOkaloosa5210@flhealth.gov.

About the Florida Department of Health

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