

## FOR IMMEDIATE RELEASE

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### Contact:

David Crum

(904) 506-6081 x6106

## FLORIDA DEPARTMENT OF HEALTH IN ST. JOHNS COUNTY PROMOTES BACK TO SCHOOL HEALTH AND WELLNESS

**St. Augustine, Fla. –** The Florida Department of Health in St. Johns County (DOH-St. Johns) encourages residents to ensure their children are getting back into their academic routine before school starts. Your child's overall good health can be fostered through eating nutritious foods, getting regular physical activity, and maintaining good sleep habits:

- **Healthy Eating** – Proper nutrition is essential for children to grow and develop. Focus on fruits, vegetables, and protein. Limit sugar, saturated fats, and processed foods.
- **Regular Exercise** - Encourage your child to be physically active for 60 minutes or more each day, like active play at the park or organized sports.
- **Getting Enough Sleep** - Sleep is just as important to your children's development as nutrition and physical activity. Recommended sleep by age:
  - 3-5 Years: 10-13 Hours/Night
  - 6-12 Years: 9-12 Hours/Night
  - 13-18 Years: 8-10 Hours/Night

In anticipation of the new school year, DOH-St. Johns is partnering with multiple community organizations and back to school events including the upcoming [Webster Back to School Block Party](#) on Saturday, August 5, 2023.

For more information about DOH-St. Johns and our services, please visit:

<https://stjohns.floridahealth.gov>.

### About the Florida Department of Health

The Department, nationally accredited by the [Public Health Accreditation Board](#), works to protect, promote, and improve the health of all people in Florida through integrated state, county, and community efforts.

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