



Every Kid Healthy Week

“...this special week shines a spotlight on the great efforts our school partners are doing to improve the health and wellness of their students and the link between nutrition, physical activity and learning – because healthy kids learn better!” (Action for Healthy Kids, 2015)

A publication of the Center for Leadership Education in Maternal and Child Public Health

We hope you find this health observance quick-guide helpful! Roll over text to find live links to sites and materials. Most messages, materials, and facts can be adapted to fit other audiences not specifically depicted here.

Social media



Hashtag

#EveryKidHealthy

Facebook

Action for Healthy Kids

Twitter

@Act4HlthyKids

YouTube

Action4HlthyKids

Pinterest

Action for Healthy Kids

Social media can be a great tool for finding up-to-date resources and facts. Follow leading organizations to find out what they are doing, share their posts, and join in national chats.

One of the easiest ways to find more resources is to search the hashtag for this observance. This can be done on almost all social media sites. Include it in any posts you create.

Please share these documents and consider tagging the Centers: @UMN_MCH and @SahrcUMN.



Print, post, or share

Action for Healthy Kids

How to get involved

2015 Resources

Tools for Schools

Gift Catalog: Nutritious meals, active kids, healthier schools.

Tool kit for planning an event

Media alert for press

Success stories

Resources to create change

State Level Action: Find your state

State Coordinator log-in

Photo gallery

Press releases

PLEDGE to Join the Movement to End Childhood Obesity

If available, use logos and other graphics to enhance your posts, emails, or websites. Visuals help catch people's attention and often have higher engagement numbers.

Use available facts from these organizations to create quick and easy posts for social media or a newsletter. Many also provide templates for press releases and other modes of communication.

Teaming Up for Student Health

by Jacqueline Perlman on June 25, 2015



Joyce Kilmer Elementary School in Chicago, IL formed a wellness team at the beginning of the 2014-2015 school year. The team met for the first time in September 2014, and their first goal was to make Halloween (of all holidays!) healthy.

[READ MORE -](#)

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