



The School District of Osceola County, FL
Terry Andrews, Superintendent

Press Release (English and Spanish)

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Osceola School District's Employee Wellness Program To Be Highlighted Nationally

Osceola School District's employee wellness program called "4 The Health of It!", which began in 2006 for over 6,000 employees, has been selected by the Directors of Health Promotion and Education (DHPE) in Washington, DC, to be featured in a series of upcoming training videos and success stories to promote quality practices of health education. DHPE represents 55 directors of health education/health promotion units of state health departments and health departments of the District of Columbia, Puerto Rico, the Virgin Islands, Guam and American Samoa, as well as eleven directors of the health education units of Indian Health Service Area Offices. School employee health is one area that DHPE focuses its work on with funding from the Centers for Disease Control and Prevention (CDC). The video featuring Osceola School District initiatives will be featured on the DHPE School Employee Wellness website, as well as used at conference presentations and other venues, to educate and promote efforts to schools and districts nationwide.

The district's "4 The Health of It!" program focuses on four health areas identified by employee health risks and interests: smart nutrition, physical activity, stress management, and regular check-ups. Employee wellness activities have included: an employee garden, horticultural classes, healthy eating classes, an employee wellness challenge, a fitness boot camp, Zumba classes, walking trails, and more. Several community partners support the school employee wellness plan, including Florida Hospital Kissimmee, Osceola Regional Medical Center, and the University of Florida's Extension Service.