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Pittsburgh Public Schools Designated as *Live Well Allegheny* School District

PITTSBURGH – Allegheny County Executive Rich Fitzgerald, Dr. Karen Hacker, Director of the Allegheny County Health Department, and Dr. Linda Lane, Superintendent of Pittsburgh Public Schools joined students, staff, and faculty today as the Pittsburgh Public Schools was formally designated as a *Live Well Allegheny* school district.

"I'm very excited to see Pittsburgh Public Schools embrace this campaign and make commitments that will ensure its students have the information they need to make healthier decisions in their lives," said County Executive Fitzgerald. "I commend Dr. Hacker and Dr. Lane for their work and partnership with many other stakeholders to ensure that we can provide enhanced health education, nutrition and physical activity information to students. A healthy community starts with each one of us and, together, we can have a healthier Allegheny County."

Live Well Allegheny was launched by the County Executive in January 2014 as a comprehensive, innovative strategy on wellness that embraces a broad concept of living well to include physical health, mental wellness, personal and community safety, prevention and preparedness, and much more. The effort is being led by the Board of Health and Health Department Director Dr. Karen Hacker.

"While the academic achievement of our students is a priority, we know that the underlying health and wellness of students is equally important to their success. It is incumbent on us as adults to serve as role models for healthy living," said Dr. Lane. "We are grateful for the designation of a *Live Well Allegheny* school district. This innovative strategy aligns closely with our Whole Child, Whole Community."

The *Live Well Pittsburgh Public Schools* launch happened today at Pittsburgh Sterrett 6-8 in Point Breeze section of the City of Pittsburgh. Sterrett, along with 11 other schools, are currently meeting *Live Well Allegheny* criteria and include: Arsenal PreK-5, Arsenal 6-8, Brashear High School, Dilworth PreK-5, Faison K-5, Langley K-8, Minadeo PreK-5, Montessori PreK-5, Morrow PreK-8, SciTech Academy, and Woolslair PreK-5. Ten schools have committed to a comprehensive health schools program in partnership with Children's Hospital of Pittsburgh UPMC and the Alliance for a Healthier Generation. Four of the schools of implemented an evidence-based, social skills curriculum, focused on health and wellness, or initiated a school garden program that connects with an education program. Four schools promote water drinking and two are engaging in the Safe Routes to Schools Program. All of the schools have committed to enhancing health education to include nutrition and physical activity information. Additionally, the

district will plan, promote and implement a *Live Well Allegheny* event in cooperation with the campaign that encourages active living.

"I am thrilled to see the Pittsburgh Public Schools' commitment to *Live Well Allegheny*," said Dr. Hacker. "Changing the behaviors that lead to chronic disease is a priority and starting early will have long-term benefits."

The press conference and event also featured the Power Up Project, a program of Adagio Health which encourages students to eat healthy foods and to have an active lifestyle. Interactive lessons give students strategies for adopting healthy habits that will have an impact on their current, and likely their future, health. Funded by the Department of Agriculture SNAP-ED and PA Nutrition TRACKS, Power Up is provided at no cost to eligible schools. Power Up began programming in the Pittsburgh Public Schools in 2013 and actively programs with 30+ schools in the district. Today's event allowed Power Up staff to highlight the different MyPlate food groups taught to students during a tasting of a fruit and yogurt parfait. County Executive Fitzgerald, Dr. Hacker and Dr. Lane were all put to work alongside the students in putting the parfait together.

For more information on the *Live Well Allegheny* campaign, including how to become a *Live Well Allegheny* school district, visit www.LiveWellAllegheny.com.

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