

**FOR IMMEDIATE RELEASE:**

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Los Nietos Administers Health Screenings to Combat Childhood Obesity

WHAT: Los Nietos School District is offering student blood pressure and body mass index screenings as a part of its fourth annual Healthy Los Nietos Program, a partnership with PIH Health aimed at reducing childhood obesity.

Physicians from PIH Health Hospital will administer the tests to students at Aeolian Elementary School on **Friday, Sept. 2**. The results will be shared with families as they learn to champion wellness initiatives. In addition, physicians will connect families with resources should they not have access to health care. Los Nietos Superintendent Jonathan Vasquez will attend along with Aeolian Elementary School Principal Becky Speh and representatives from PIH Health.

The Healthy Los Nietos program is a collaborative that teaches students about the importance of good nutrition, physical activity and healthy habits by holding weekly assemblies at Los Nietos schools. Since the inception of Healthy Los Nietos, the District has served diverse, healthy food options at cafeteria salad bars and for classroom breakfasts. Students surveyed during the 2014-15 school year said they were more knowledgeable about how to stay healthy, watched less television and were more active.

WHEN: 8 to 10:30 a.m., Friday, Sept. 2, 2016

WHERE: Aeolian Elementary School
11600 Aeolian St.
Whittier, CA 90606

DETAILS: The Healthy Los Nietos program was one of seven national programs highlighted in "Creating Effective Hospital-Community Partnerships to Build a Culture of Health," a report shared by Health Research and Educational Trust with healthcare providers across the country.

All four Los Nietos schools will conduct health screenings, with Nelson Elementary School scheduled for Friday, Sept. 9 and Rancho Santa Gertrudes Elementary School set for Friday, Sept. 16. Los Nietos Middle School was visited Aug. 26.

MEDIA: Contact Jahmal Corner for more information at (206)-579-4432.

The Los Nietos School District's learning community provides:

ENGAGING educational opportunities and **EQUITABLE** resources so that all students experience **EXCELLENCE** in learning every day!

