Every Kid Healthy Week
(April 23-27, 2018)
QUICK-GUIDE

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

This is one of 50+ “Quick-Guides” created to help you take advantage of national health observances. It can help you guide your maternal and child health promotion efforts, especially when using social media. Most messages, materials, and facts can be adapted to fit many audiences.

For other Quick-Guides, visit: z.umn.edu/quickguides

Social Media

Hashtag
#EveryKidHealthy

Twitter
@Act4HlthyKids

Facebook
- Action for Healthy Kids

Instagram
@Act4HealthyKids

YouTube
Action for Healthy Kids

Print, Post, or Share

If available, use logos or 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.

Action for Healthy Kids

Family Tip Sheets
Healthy Kids Week Toolkit

Tools for Schools
Healthy School Tip Sheets

Sample Tweets/Posts

Kids spend more than 1,200 hours a year in school, so their school environment needs to reflect #healthyhhabits. Visit @Act4HlthyKids to learn how you can help "healthify" your child’s school spaces

#EveryKidHealthy Week is April 23-27, 2018! Learn how to better incorporate #healthy #snacks before and after school, at school celebrations, or in the classroom.

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