



# DAVIS COUNTY HEALTH DEPARTMENT

Davis County Courthouse Complex  
PO Box 618  
Farmington, Utah 84025

**For Immediate Release:**  
Monday, June 7, 2010  
DCHD NR 2010-017

**Contact:**  
Bob Ballew  
Public Information Officer  
Office: (801) 451-3501  
Cell: (801) 510-5710

## Administration

Lewis R. Garrett, M.P.H.  
Director of Health  
Courthouse Annex  
50 East State Street  
Tel: (801) 451-3351  
Fax: (801) 451-3242

## Environmental Health Services Division

David W. Spence,  
M.B.A., E.H.S.  
Associate Director  
Courthouse Annex  
50 East State Street  
Tel: (801) 451-3354  
Fax: (801) 451-3242

## Family Health & Senior Services Division

Sally Kershnik,  
R.N., M.P.A.  
Associate Director  
Courthouse Annex  
50 East State Street  
Tel: (801) 451-3354  
Fax: (801) 451-3242

## Communicable Disease & Epidemiology Division

Brian E. Hatch,  
M.P.H., E.H.S.  
Associate Director  
Courthouse Annex  
50 East State Street  
Tel: (801) 451-3351  
Fax: (801) 451-3242

## News Release

### Woods Cross Elementary Earns Top Award

(Woods Cross, Utah) – Every year in Davis County, Gold Medal Schools (GMS) compete to out-walk each other. This year, Woods Cross Elementary School claimed the top walking trophy, Classic Fun Center passes, and bragging rights by walking 45,313 miles – which is 59 miles per student. Woods Cross Elementary has participated in the GMS program for three years and has already reached the highest level.

Students celebrated the victory with a special visit from Jeremy Holm, a local bobsledder. Holm congratulated the students and talked about the importance of being a champion by staying active, eating healthy, being safe, and showing respect. “What an incredible achievement,” Holm said. “I am honored to be at Woods Cross to watch the award presentation. Every one of the students and teachers are a champion and I hope they keep up the great work.”

The Gold Medal Mile walking program is only one of the many characteristics found at a Gold Medal School. These elementary schools also implement 90-150 minutes of structured physical activity each week, have a policy that teachers use nonfood rewards as incentives, have a comprehensive tobacco policy, and a faculty actively involved in wellness activities. The Gold Medal School program is now in its ninth year. Since its inception in 2001, 45 elementary schools in Davis County have participated.

“With obesity on the rise among children, it is important for students to learn healthy habits early,” said Lewis Garrett, director of the Davis County Health Department. “Students that are physically active demonstrate better overall mental health, behavior, self-esteem, and academic success.”

- MORE -

## Page 2 of 2 – Woods Cross Elementary Celebrates Olympic Style

Each participating school receives cash incentives ranging from \$200 to \$1000 to improve the health environment of their school. The program awards plaques and medals for reaching award levels of Bronze, Silver, Gold, Platinum, and Platinum Focus.

During the 2009-2010, Davis County schools achieved the following levels in the Gold Medal School Program:

- **Focus Level:**  
Clinton, Creekside, Crestview, Doxey, Hill Field, Holbrook, King, Lakeside, Morgan, Mountain View, Muir, Reading, South Weber, Spectrum Academy, Stewart, Tolman, Vae View
- **Platinum Mental Health Focus:**  
Ellison Park, Knowlton, Snow Horse, Wasatch, West Bountiful, Woods Cross
- **Platinum:**  
Antelope, Kaysville, Oak Hills
- **Gold:**  
Burton, Columbia, Cook, Heritage, Taylor, Valley View, Wasatch Peak Academy, Whitesides
- **Silver:**  
Farmington
- **Bronze:**  
Boulton, Foxboro

“Congratulations to all the schools who met their goals this year,” said Tiffany Leishman, a health educator at the county’s health department. “More than 26,000 Davis County students have a healthier environment to learn and play.”

For more information about Gold Medal Schools, please visit [www.hearhighway.org/gms](http://www.hearhighway.org/gms).

- END -