

Mission:  
To protect, promote & improve the health  
of all people in Florida through integrated  
state, county & community efforts.



Rick Scott  
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Vision: To be the Healthiest State in the Nation

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### **Florida Department of Health in Seminole County a "Sports 4 Life" National Grant Recipient**

**SANFORD** – The Florida Department of Health in Seminole County (DOH-Seminole) is honored to be one among 22 grantees to receive a "Sports 4 Life" grant from the Women's Sports Foundation (WSF), and national partner espnW.

Sports 4 Life is a national effort to increase the participation and retention of African-American and Hispanic girls in youth sports programs. The WFS has awarded a total of \$110,000 in grant funding across the nation to serve more than 6,800 middle and high school girls ages 11-18. The DOH-Seminole was the only recipient in the state of Florida to receive this competitive award.

"The Sports 4 Life grant will help to continue providing effective and accessible ways to reach the youth in Seminole County and encourage them to be physically active. Sports are an engaging way to reach teenage girls and encourage them to reach healthy goals," said Dr. Swannie Jett, health officer for the Florida Department of Health in Seminole County. Venise White, grants administrator for the Florida Department of Health in Seminole County added, "DOH-Seminole continues to build capacity and resources to support health promotion and education in the community.

Mrs. White stated, "Florida Department of Health in Seminole County is partnering with Extreme Youth Sports of Lake Mary to offer the Glam Girls Running Club to 30 girls who currently participate in Glorious Hands Inc. and Seminole County Sheriff's Office Elite Ladies of PAL." The Glam Girls Running Club aims to improve girl's fitness and their overall attitudes about physical activity by introducing them to non-competitive sports such as walking, running, cross-training exercises and conditioning. The coaches in this program provide guidance in the physical aspects of all of these activities, but also spend time teaching the girls about the importance of good mental health and a sound body image. The ultimate goal of Glam Girls Running Club is to build confidence in young girls and inspire a lifelong aspiration of health and fitness.

The link between sports participation and the prevention of chronic diseases, like diabetes, obesity, depression and cardiovascular diseases is well-established, especially for African-American and Hispanic females who display lower rates of participation than their peers. By making sports more accessible, Sports 4 Life gives young females the chance to learn the foundational benefits of sports, such as leadership, confidence, self-esteem, and perseverance.

Meet the 2015 grant recipients [here](#).

For information on Sports 4 Life please visit [www.WomensSportsFoundation.org/Sports4Life](http://www.WomensSportsFoundation.org/Sports4Life).

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