



**COUNTY OF SAN DIEGO**  
**NEWS RELEASE**

FOR IMMEDIATE PUBLICATION  
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**MEDIA ADVISORY**

**NATIONAL CHILD HEALTH DAY CELEBRATION TO TAKE PLACE OCT. 4**

*Local School is Site of "Nutrition Olympics" Event Designed to Raise Awareness*

- WHO:** San Diego County Fourth District Supervisor Ron Roberts  
Fourth graders from Jackson Elementary School, San Diego
- WHAT:** Nutrition Olympics, a local celebration of National Child Health Day
- WHEN:** 1 – 2:30 p.m.  
Monday, Oct. 4
- WHERE:** Jackson Elementary School  
5465 El Cajon Blvd.  
San Diego  
Thomas Bros. 1270 A-4
- WHY:** The San Diego County Health and Human Services Agency (HHS), along with the Coalition of Children and Weight San Diego, and the American Cancer Society, are sponsoring the Nutrition Olympics, an activity designed to make nutrition and fitness awareness fun. Fourth graders at Jackson Elementary will go through eight stations participating in different nutrition-related games like Watermelon Weightlifting and the Cucumber Javelin Throw, and taking thought-provoking quizzes to test their knowledge on eating habits. The event is a local recognition of National Child Health Day, dedicated to focusing on children's health and how to improve it. San Diego County Fourth District Supervisor Ron Roberts will be on hand to kick off the event, and HHS officials will be available for interviews.

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