

Mission:

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



Rick Scott
Governor

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State Surgeon General & Secretary

Vision: To be the **Healthiest State** in the Nation

FOR IMMEDIATE RELEASE

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PUBLIC HEALTH ASKS HOW YOU WILL GAIN BETTER HEALTH

LEE COUNTY— “What are YOU going to do in 2015 to help Florida become the Healthiest State in the Nation?” asks the Florida Department of Health in Lee County. DOH-Lee is displaying a new community message board for visitors to post their Healthy Promise at the main office, 3920 Michigan Avenue, Fort Myers.

“The Number One threat to Lee County’s future is unhealthy weights,” said Administrator Robert Palussek of DOH-Lee. “We’re asking everyone to take a moment and promise to do something different to be healthier—not to run a marathon—just to walk or ride a bike a few days a week or to drink one less sugary beverage a day. Identify something different you can do to be healthier and make that promise today!”

The Healthy Promise Florida campaign is designed to encourage residents, part or full time, to make more informed choices about healthy eating and active living this year. There are two ways to make a Healthy Promise:

1. Visit DOH-Lee’s main office at 3920 Michigan Avenue, Fort Myers, fill out a promise card or sticky note and attach it to the Healthy Promise community message board.
2. Upload your promise photos to the online message board at www.healthypromisefl.com. The website hosts inspirational photos of Floridians who have committed to live longer and healthier lives. Hovering over a photo enables you to see a person’s promise while names are kept private.

Lee County’s Community Health Improvement Plan calls for a modest one percent reduction in obesity and five percent reduction in overweight adults in 2015. The plan for children includes a 0.4 percent reduction in obesity and a 5.9 percent reduction in overweight. The local Healthy Promise Florida campaign is part of the state’s Healthiest Weight Florida collaboration.

“It may be the most important promise you make this year,” said Palussek.

Healthiest Weight Florida is a public-private collaboration bringing together state agencies, not-for-profit organizations, businesses and entire communities to help Florida’s children and adults make consistent, informed choices about healthy eating and active living. Florida’s county and municipal governments play an important role in increasing the prevalence of healthy weight in their jurisdictions.

The Department works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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