

# County of Santa Rosa

## PROCLAMATION

**WHEREAS**, a healthy and productive community is essential to the mission of Santa Rosa County's ability to successfully promote and protect the health and safety of all of its citizens; and

**WHEREAS**, an unhealthy lifestyle by Santa Rosa County citizens can erode our most important asset – the people in our communities; and

**WHEREAS**, more than 56% of all adults in Santa Rosa County are overweight or obese and 21% of all adults in Santa Rosa County having been told they have diabetes. Further, 16.4% of high school students were overweight and at risk for overweight in 2006; and

**WHEREAS**, only 45% of adults in Santa Rosa County report engaging in regular, sustained physical activity on all or most days of the week; and

**WHEREAS**, 78% of adults in Santa Rosa County report not eating the recommended five or more servings of fruit and vegetables each day, and

**WHEREAS**, citizens who are engaged in health promoting habits are less likely to develop the chronic conditions of coronary heart disease, stroke, cancer, chronic obstructive lung disease, and diabetes, that account for 58% of all causes of death in Santa Rosa County; and

**WHEREAS**, much of the chronic disease burden is preventable; effective prevention measures exist today to substantially curtail the illnesses, disabilities, and unnecessary or early deaths caused by these diseases; and

**WHEREAS**, the implementation of a wellness event can benefit residents by improving their physical health and morale; and

**WHEREAS**, physical activity is beneficial to the academic success of Santa Rosa students; and a recent study has shown that higher academic achievement is associated with higher levels of fitness and students who meet minimum fitness levels in three or more fitness areas showed the greatest gains in academic achievement.

**NOW, THEREFORE**, we, the Board of County Commissioners of Santa Rosa County, do hereby proclaim the month of March, 2009 as

### **HEALTHY FLORIDIANS AND STEP UP FLORIDA MONTH**

throughout the county and encourage all citizens to set goals to improve their health and wellness as Healthy Floridians Month and the Step Up, Florida program are launched to motivate all residents to make healthy choices and strive for healthy lifestyles.



**BOARD OF COUNTY COMMISSIONERS  
SANTA ROSA COUNTY, FLORIDA**

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**Don Salter, Chairman**