

# Proclamation

A PROCLAMATION BY THE MAYOR AND COUNCIL OF THE CITY OF MARY ESTHER, FLORIDA, JOINING WITH OKALOOSA COUNTY, ENCOURAGING HEALTHY CHOICES AND STRIVING FOR HEALTHY LIFESTYLES FOR ITS RESIDENTS WITH **STEP UP, FLORIDA!**

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

**WHEREAS**, an unhealthy lifestyle by Mary Esther citizens can erode our most important asset – our community; and

**WHEREAS**, more than 38% of all adults in Okaloosa County are overweight and an additional 21% are obese; and

**WHEREAS**, more than 7% of adults in Okaloosa County have been told they have diabetes; and

**WHEREAS**, 75% of adults in Okaloosa County report not eating five or more servings of fruit and vegetables each day; and

**WHEREAS**, only 31% of adults in Okaloosa County engage in regular, sustained physical activity on all or most days of the week; and

**WHEREAS**, citizens who are engaged in health-promoting habits are less likely to develop the chronic conditions of coronary heart disease, stroke, lung cancer, chronic obstructive lung disease, and diabetes, that can cause death; 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;

**NOW, THEREFORE, THE CITY OF MARY ESTHER, FLORIDA** does hereby:

- 1) Encourage all residents to set goals to improve their health and wellness as **STEP UP, FLORIDA!** is launched to motivate all residents to make healthy choices and strive for healthy lifestyles.
- 2) Establish an annual **STEP UP, MARY ESTHER** walking event on the first Saturday of April.

**IN WITNESS WHEREOF**, I have hereunto set my hand and caused the Seal of the City of Mary Esther to be affixed this 23<sup>rd</sup> day of February in the year two thousand four.

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John Thomas, Mayor

ATTEST:

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Laura Aldrich, City Clerk