

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 23rd day of February in the year two thousand four.

John Thomas, Mayor

ATTEST:

Laura Aldrich, City Clerk