

Resolution 2004-R _____

RESOLUTION

**THE FOLLOWING RESOLUTION WAS ADOPTED AT
THE REGULAR MEETING OF THE BOARD OF
COUNTY COMMISSIONERS OF SEMINOLE COUNTY,
FLORIDA, ON THE 10TH DAY OF FEBRUARY, A. D., 2004.**

WHEREAS, the Board of County Commissioners for Seminole County does hereby encourage all Seminole County residents to set goals to improve their health and wellness; and

WHEREAS, the mission of the Seminole County Health Department is to successfully promote and protect the health and safety of all its citizens; and

WHEREAS, in Seminole County, more than 54.3% of adults are not at a healthy weight, 22.7% of adults are obese; 5% of adults have diabetes, 26.7% of adults have high cholesterol, and 19.5% of adults have high blood pressure; and

WHEREAS, of the adult population of Seminole County, only 33.6% report regularly engaging in moderate physical activity, only 32.9% report eating at least two servings of fruit per day, and only 27.5% report eating at least three servings of vegetables per day; and

WHEREAS, in Seminole County, the age-adjusted death rate per 100,000 for coronary heart disease is 181.5 and for stroke is 53.6, both of which are higher than the state rate of 157.9 and 42.7 respectively; and

WHEREAS, citizens who engage in health promoting habits are less likely to develop the chronic conditions of coronary heart disease, stroke, and diabetes; and

NOW, THEREFORE, BE IT RESOLVED by the Board of County Commissioners, in and for the County of Seminole, State of Florida, that this Resolution be spread upon the Official Minutes of the Board of County Commissioners in recognition of **Step Up, Florida!** on February 17, 2004 to promote physical activity and healthy lifestyles.

ADOPTED this 10th day February, A.D., 2004.

ATTEST:

MARYANNE MORSE, Clerk to the
Board of County Commissioners
in and for the County of Seminole,
State of Florida

DARYL G. McLAIN, Chairman
Board of County Commissioners

Date: _____