

Resolution 2007-R\_\_\_\_\_

**RESOLUTION**

**THE FOLLOWING RESOLUTION WAS ADOPTED AT  
THE REGULAR MEETING OF THE BOARD OF  
COUNTY COMMISSIONERS OF SEMINOLE COUNTY,  
FLORIDA, ON THE 13<sup>TH</sup> DAY OF FEBRUARY, A. D., 2007.**

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

**WHEREAS**, more than 52% of adults in Seminole County are overweight or obese and 45% of all adults in Seminole County have been told they have high blood pressure or high blood cholesterol; and

**WHEREAS**, more than 22% of adults in Seminole County report that they do not engage in any type of regular, sustained physical activity on all or most days of the week; and

**WHEREAS**, 78% of adults in Seminole 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 heart disease, stroke, lung cancer, chronic obstructive lung disease, and diabetes, that account for over 38% of all causes of death in Seminole County; and

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

**WHEREAS**, the direct and indirect costs of obesity-related disease in 2001 nationally were approximately \$117 billion, further obesity-related medical expenditures to adults in Florida total over \$3.9 billion in 2003, with over half of the costs being financed by Medicare and Medicaid; and

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

**WHEREAS**, 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; and

**NOW, THEREFORE, BE IT RESOLVED** by the Board of County Commissioners, does hereby proclaim February 20, 2007 as **Step Up, Florida!** to promote physical activity and healthy lifestyles.

**ADOPTED** this 13<sup>th</sup> day February, A.D., 2007.

**ATTEST:**

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Maryanne Morse, Clerk to the  
Board of County Commissioners  
in and for the County of Seminole,  
State of Florida

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Carlton D. Henley, Chairman  
Board of County Commissioners