



Bureau of Chronic Disease Prevention & Health Promotion

Obesity Prevention Program

2007

What is Obesity?

For adults, overweight and obesity ranges are determined by using weight and height to calculate a number called the "body mass index" (BMI). BMI is used because, for most people, it correlates with their normal amount of body fat.

- An adult who has a BMI between 25 and 29.9 is considered overweight.
- An adult who has a BMI of 30 or higher is considered obese.

$$\text{BMI} = \frac{(\text{weight in pounds} * 703)}{\text{Height in inches}^2}$$

For children and teens, BMI ranges above a normal weight have different labels (at risk of overweight and overweight). Additionally, BMI ranges for children and teens are defined so that they take into account normal differences in body fat between boys and girls and differences in body fat at various ages.

For More Information About Obesity Visit: www.cdc.gov

For More Information Contact Us

FL Department of Health
Obesity Prevention Program
4052 Bald Cypress Way
HSFCD, Bin #A18
Tallahassee, FL 32399-1744
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Email: obesity@doh.state.fl.us

<http://www.doh.state.fl.us/family/obesity/index.html>



Governor's Council on Physical Fitness

The Governor's Council on Physical Fitness was established by Executive Order # on March 26, 2007. The Council will develop a state plan of action to increase Floridians' level of physical fitness through regular exercise and sound nutrition practices. The goal is to reduce the number of Floridians who suffer from chronic diseases resulting from obesity within the next 10 years.

The Council will review recommendations provided by the Governor on physical activity, healthy nutrition and the community.

For more information, visit, www.healthyfloridians.com.

Fruits & Veggies, More Matters™

The National Fruit & Vegetable Program is a national partnership to increase consumption of fruits and vegetables by all Americans. Eating a diet rich in fruits and vegetables will promote good health and may help reduce the risk of stroke, high blood pressure, diabetes, and some cancers.

To achieve this goal, the program seeks increase public awareness of the importance of eating a diet rich in fruits and vegetables, provide consumers with specific information about how to include more servings of fruits and vegetables into their daily routines, and increase the availability of fruits and vegetables at home, work, and other places where food is served.

For more information, please visit, <http://www.fruitsandveggiesmorematters.org>.



Step Up, Florida!™

"Step Up, Florida - On Our Way to Healthy Living!" is a statewide initiative designed to promote physical activity and healthy lifestyles to Florida's citizens and visitors.

Step Up, Florida! is time for everyone to get active and healthy by taking advantage of the great physical activity opportunities that Florida has to offer. During the month of February, Step Up, Florida! events take place in every county.

Examples of some activities that take place during the celebration include:

- Take the Stairs Day
- Walking events
- Dancing, yoga, karate classes
- Nature hikes at state parks
- Seminars on fitness

For more information, visit, www.stepupflorida.org for more information





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Activity Really Kounts

The Florida Department of Health, Physical Activity Really Kounts or PARKS program is designed to provide recreational and educational opportunities for individuals of all abilities. The goal of this program is to provide resources to people with disabilities to fully participate in physical activities.

For more information, visit,

<http://www.doh.state.fl.us/Family/Physical/PARKs.pdf>

Staff Contact Information

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Hispanic Obesity Prevention & Education Program

HOPE (Hispanic Obesity Prevention and Education) is designed to promote increased physical activity, healthy nutrition, and appropriate food portion sizes among people living in Florida. The HOPE program also encourages a decrease in time spent watching television, using the computer on non-school related activities, and playing video games. Ultimately, HOPE aims to reduce chronic diseases and disabilities associated with obesity and overweight.

Some of the Key Components of HOPE include the following:

- A bilingual Web Site
- A statewide awareness and media campaign
- Free - online and offline - personalized nutrition, fitness and health evaluations and programs

For more information, visit, www.hopeflorida.org



Youth Empowered Ambassadors for Health

The Youth Empowered Ambassadors for Health initiative, or YEAH!, seeks to empower youth ages 13-18 by making them more aware of healthy lifestyles, specifically focusing on physical activity and healthy nutrition.

The goals of YEAH! are to:

- Increase lifelong physical activity among youth.
- Increase lifelong healthy eating among youth.
- Decrease total screen time.
- Create youth ambassadors for healthy lifestyles through leadership and peer monitoring.

For more information, visit, www.doh.state.fl.us/Family/YEAH/index.html.

Health InSite

The Worksite Wellness Program provides health promotion information, resources, and direction to Department of Health employees to promote lifestyle changes and to provide a supportive work environment that encourages a healthy lifestyle. Some of the programs offered include a weekly Sunshine Growers' Market, Group Fitness Classes, Pedometer Loan Program, and many more!

For more information, visit, <http://www.cdc.gov/nccdphp/dnpahwi/index.htm>.

- Garden Market: Provides fresh organic fruits, vegetables and flowers from local farmers
- Lunch & Learn Seminars: one- hour informational sessions on health & nutrition during lunch.
- Pedometer Loan Program: 6-week challenge for employees to track and increase their steps.
- Take the Stars Campaign: Uses stairway artwork to encourage stairway use.
- Healthy Meetings: Promotes healthful eating at worksite gatherings
- Group Fitness: Offers weekly fitness classes to employees for a small charge.
- A Mother's Place: An intimate room set aside for nursing mothers.



