

*WHEREAS,* the City of Ft. Pierce supports policies that focus on healthy weight, health and wellness, and healthier lifestyles in all communities; and

*WHEREAS,* the Florida Department of Health has launched a healthy weight campaign known as "Healthiest Weight Florida", a public-private collaboration to help Florida's children and adults make informed, consistent choices about healthy eating and active living; this program has been embraced by individuals and businesses in many cities, counties, and communities; and

*WHEREAS,* the State Surgeon General has launched the 2015 Healthy Weight Community Champion Recognition Program that will recognize local governments, active municipalities and 67 counties that implement policies to help people become more physically active and improve nutrition; Best practice policies implemented by communities will be recognized on January 5, 2015; and

*WHEREAS,* more than 70% of residents in St. Lucie County are estimated to be overweight or obese and more than 39 % of middle and elementary students are overweight or obese; and

*WHEREAS,* more than 75% of St. Lucie County adults do not consume at least 5 servings of fruits and vegetables daily and more than 56% of teens in Florida are not engaged in the recommended 60 minutes of physical activity each day; and

*WHEREAS,* poor nutritional choices and a lack of physical activity are linked to excessive weight and obesity which increase the risk of diabetes, cancer, heart disease, liver disease, hypertension and other health conditions; and

*WHEREAS,* city officials believe there are important, long-term community benefits to be gained by encouraging healthy lifestyles, including a decrease in overweight and obesity in Florida's adults and children and the associated negative health related impacts; and

*WHEREAS,* cities and community partners can work together to ensure that there are safe places for residents to be active, such as in parks, ball fields, pools, gyms, and recreation centers; and

*WHEREAS,* access to healthy foods has a direct impact on the overall health of our community and planning for fresh food, open space, sidewalks, and parks should be a priority.

*NOW, THEREFORE,* I, Linda Hudson, Mayor of the City of Fort Pierce, Florida, acting on behalf of and with the full support of the City Commission of the City of Fort Pierce, Florida do hereby support:

## ***HEALTHIEST WEIGHT FLORIDA INITIATIVE***

and challenge all local governments, businesses, students, parents and all residents to participate in the Healthy Weight Florida campaign to foster healthy weight and improve overall health, improve job and school performance and decrease work and school absenteeism.

IN WITNESS WHEREOF, I have hereunto set my hand and caused the Official Seal of the City of Fort Pierce, Florida, to be affixed this 3rd day of November, 2014.

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**MAYOR COMMISSIONER**