

**Mission:**

To protect, promote & improve the health of all people in Florida through integrated state, county & community efforts.



**Rick Scott**  
Governor

**John H. Armstrong, MD, FACS**  
State Surgeon General & Secretary

**Vision:** To be the **Healthiest State** in the Nation

For Immediate Release

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October 22, 2014



**FLORIDA DEPARTMENT OF HEALTH IN MARTIN COUNTY  
CELEBRATES FOOD DAY**  
October 24, 2014

(Martin County, FL) – The Florida Department of Health in Martin County recognizes October 24, 2014 as “Food Day”, a nationwide celebration of healthy, affordable and sustainable food.

Food Day inspires Americans to change their diets and food policies. The typical American diet contributes to obesity, diabetes and other diet related diseases. Recent data shows that one third of Martin County students are overweight or obese. In Florida, 65% of adults are at an unhealthy weight. The care for chronic disease from obesity is estimated to cost \$34 billion dollars over the next 17 years.

Many initiatives are underway within the Health Department in Martin County including support for the 5-2-1-0 program and The Healthiest Weight. In collaboration with the United Way Health Task Force, the 5-2-1-0 program encourages healthy behaviors and habits. In addition, The Healthiest Weight initiative is a public-private collaboration to support strategies for healthy eating and active living. Resources and information are available at: [www.LiveUnitedMC.org](http://www.LiveUnitedMC.org) and [www.HealthiestWeightFlorida.com](http://www.HealthiestWeightFlorida.com)

On Friday, October 24, the Florida Department of Health in Martin County will partner with the House of Hope at 2484 Bonita Street in Stuart providing 1:1 nutrition information, education and demonstrations for visiting clients. House of Hope is a non-profit agency that provides food, clothing, furniture, financial assistance and case management to Martin County residents: [www.hohmartin.org](http://www.hohmartin.org)

For information on Public Health services and programs available through the Florida Department of Health in Martin County, log on to [www.MartinCountyHealth.com](http://www.MartinCountyHealth.com)

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