

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

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NATIONAL NUTRITION MONTH RECOGNIZED

TALLAHASSEE – Governor Rick Scott has issued a proclamation recognizing the significance of National Nutrition Month. The Florida Department of Health recognizes March as National Nutrition Month and encourages all Floridians to consider ways to include healthy eating into their lives, helping Florida to become the healthiest state in the nation. Governor Scott's proclamation can be viewed [here](#).

"We are the sum of small choices over time. By eating right and being active in life, each of us can achieve a healthy weight," said State Surgeon General and Secretary of Health Dr. John Armstrong. "The Department appreciates Governor Rick Scott's proclamation in recognition of National Nutrition Month."

Proper nutrition is important for people of all ages and has beneficial effects for overall health and body weight. Good nutrition begins with smart food choices such as replacing an office candy bowl with Florida fresh fruit, choosing water over a sugary beverage and filling half of your dinner plate with fruits and vegetables.

In an effort to encourage healthier lifestyles and address Florida's number one health threat, weight, the Department has launched Healthiest Weight Florida. Currently, only 36% of Floridians are at healthy weight. Healthiest Weight Florida is a public-private collaboration bringing together state agencies, not-for-profit organizations, businesses, and entire communities to help Florida's children and adults make consistent, informed choices about healthy eating and active living.

As a result, Florida has improved from 19th to 12th healthiest weight state in the nation and has seen a 1.4 percent increase in adult Floridians who are at a healthy weight. More information is available at www.HealthiestWeightFL.com.

The Department works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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