FOR IMMEDIATE RELEASE
April 7, 2014

Contact: Communications Office
(850) 245-4111

FLORIDA DEPARTMENT OF HEALTH AND VISIT FLORIDA HIGHLIGHT BENEFITS OF TIME OFF FROM WORK IN RECOGNITION OF WORLD HEALTH DAY

TALLAHASSEE – The Florida Department of Health and VISIT FLORIDA today recognized World Health Day, April 7, 2014, and encouraged Floridians to consider the many health benefits associated with taking vacation time from work.

"The Florida Department of Health is pleased to partner with VISIT FLORIDA in recognizing World Health Day," said State Surgeon General and Secretary of Health Dr. John Armstrong, "We are encouraging Florida's families to recognize the benefits that travel and vacation time can bring to overall health and well-being."

"VISIT FLORIDA welcomes this opportunity to work with the Florida Department of Health to help Floridians understand the value of taking time off," said Will Seccombe, VISIT FLORIDA President and CEO. "Research shows that travel can play an important role in maintaining health, and there's no better place to travel than right here in the Sunshine State."

In 2013, American workers did not use an average of 3.2 days of earned time off, for a total of 429 million unused vacation days. Statistics show that taking vacation time leads to an improved personal and social life, and may have a substantial impact on personal well-being and family relationships. People who utilize their time off tend to have fewer minor health problems and lower levels of stress. In fact, people who take less than five days off a year are more likely to have trouble sleeping, which can lead to other health issues.

World Health Day is celebrated every year to mark the anniversary of the founding of the World Health Organization (WHO) in 1948. For more information about World Health Day, please click here. For information about VISIT FLORIDA, click here. To plan your next Florida vacation, check out VISITFLORIDA.com.

The Florida Department of Health protects, promotes and improves the health of all people in Florida through integrated state, county and community efforts.

Follow us on Twitter at @HealthyFla and on Facebook. For more information about the Florida Department of Health please visit www.FloridaHealth.gov.

###