

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

Vision: To be the Healthiest State in the Nation

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FLORIDA DEPARTMENT OF HEALTH CELEBRATES EARTH DAY

~ Floridians' health begins with the health of the Earth ~

TALLAHASSEE—April 22 marks the 45th celebration of Earth Day and today the Florida Department of Health encourages Floridians to consider how the health of our planet affects their overall health. Of all the factors that influence Floridians' health, the condition of our planet is among the most important.

"We are fortunate to live in a state of natural beauty, seen in our beaches, waters and forests, and with many opportunities to participate in healthy activities," said State Surgeon General and Secretary of Health Dr. John H. Armstrong. "I encourage all Floridians today to reflect on how we can preserve our environment for health that will last for generations."

The department's Bureau of Environmental Health works to prevent disease of environmental origin through routine monitoring of the environment. For example, the bureau's Water and Onsite Sewage Programs at the 67 county facilities encourage homeowners to protect the environment by being good stewards of their drinking water wells and wastewater treatment systems. The bureau encourages residents to test their wells every year and pump their septic tanks every three to five years.

In addition to the department's ongoing efforts through the Bureau of Environmental Health, its Healthiest Weight Florida initiative will be participating in the Earth Day 2015: Healthy Communities Festival. The festival will take place at Cascades Park in Tallahassee on Saturday, April 25 from 9 a.m. to 3 p.m. The Healthiest Weight Florida initiative, whose goal is to bend the weight curve in Florida by five percent by 2017, encourages Floridians to make informed choices about healthy eating and active living.

Earth Day Network organizes Earth Day globally and seeks to inform and energize populations to inspire action to secure a healthy future for this generation and the next. The network's "A Billion Acts of Green" encourages individual acts and organizational initiatives that reduce carbon emissions and support sustainability. To date, the network has recorded over 1.1 billion "acts of green."

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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. To

learn more about how to be active and make nutritious food choices, visit <u>www.healthiestweightflorida.com</u>.

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

Follow us on Twitter at <u>@HealthyFla</u> and on <u>Facebook</u>. For more information about the Florida Department of Health please visit <u>www.floridahealth.gov</u>.