

Sept. 24, 2015

FLORIDA DEPARTMENT OF HEALTH HOSTS SECOND ANNUAL HEALTHIEST WEIGHT LIAISON MEETING



Contact:

Communications Office
NewsMedia@flhealth.gov
850-245-4111



Representatives from boards and councils pose for a picture in front of the Healthy Promise board shortly after posting their healthy promise.

Tallahassee, Fla. - The Florida Department of Health's Division of Medical Quality Assurance hosted the Second Annual Boards and Councils Healthiest Weight Liaison meeting on Sept. 23 in Tallahassee. Representatives from all 22 health care boards participated in the meeting, which focused on the role of health care practitioners within the Healthiest Weight Florida initiative.

"Health care professionals are critical to the success of the Healthiest Weight Florida initiative," said Medical Quality Assurance Division Director Lucy Gee. "This meeting is another example of our commitment to collaborating with our boards and councils while advocating for healthiest lifestyles for Florida's families."

Healthiest Weight Florida is a public-private collaboration bringing together state agencies, nonprofit organizations, businesses and entire communities to help Florida's

children and adults make informed choices about healthy eating and active living. During the meeting representatives discussed how they can best improve the health of the state by promoting the five key strategies of Healthiest Weight Florida. Strategies are:

- Increase opportunities for physical activity;
- Make healthy food available everywhere;
- Promote health in the worksite;
- Strengthen schools as the heart of health; and
- Market what matters for a healthy life.

Meeting attendees were also invited to participate in the department's Healthy Promise Florida campaign. Healthy Promise Florida is an interactive campaign developed by Healthiest Weight Florida to encourage individuals to make a commitment to their health. Those participating in the campaign can visit their local health department to post their promise on a Healthy Promise display board or visit www.HealthyPromiseFL.com to post a healthy promise along with a personal photo to the online message board.

About the Florida Department of Health

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 [@HealthyFla](https://twitter.com/HealthyFla) and on [Facebook](https://www.facebook.com/HealthyFla). For more information about the Florida Department of Health please visit www.FloridaHealth.gov.