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## NASSAU COUNTY RECOGNIZED AS 2017 HEALTHY WEIGHT COMMUNITY CHAMPION



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**Yulee, Fla.**— Nassau County Health Department Director Dr. Eugenia Ngo-Seidel presented a certificate to the Board of County Commissioners on Wednesday, February 15th recognizing Nassau County as a 2017 Healthy Weight Community Champion. Florida's county and municipal governments play an important role in decreasing the prevalence of unhealthy weight in their jurisdictions. The Florida Department of Health's Healthy Weight Community Champion Recognition highlights communities for their important efforts.

Nassau County has adopted numerous programs to encourage healthy eating and physical activity. The Nassau County Extension Office and School Board host the 'Eat Smart, Be Active' class, a series designed to teach participants how to plan healthy snacks and meals, control portions, and how to become more physically active. The County maintains several parks and recreation facilities and many miles of walking and bike trails, with plans to expand the existing walking and biking infrastructure. There are outdoor produce vendors throughout the county, and the Nassau County Extension Office offers free classes related to small farm topics, including fruit and vegetable crops.



Meg McAlpine, Sabrina Robertson, Tina Keiter, Eugenia Ngo-Seidel, Michael Godwin, Margie Drawdy, Janet Loveless, Ashley Metz, and Taco Pope at the Board of County Commissioners Meeting on February 15th

“Physical activity and healthy eating are essential parts of a healthy lifestyle,” said Health Department Director Dr. Eugenia Ngo-Seidel. “Nassau County’s commitment to making healthy living available and accessible to all residents plays a vital role in decreasing the prevalence of unhealthy weight in our community.”

Obesity rates in the U.S. have increased dramatically over the last 30 years, and obesity is now an epidemic in the United States. In Florida, only 36% of adults are at a healthy weight. The increasing prevalence of obesity is most concerning when viewed in the

context of its impact on overall health. Obesity increases the risk of many serious health conditions, including heart disease, stroke, high blood pressure, type 2 diabetes and cancer. For this reason, the Florida Department of Health is working to address obesity through the Healthiest Weight Florida initiative. Locally, the Nassau County Health Improvement Coalition has worked for several years to bring community partners together to prevent chronic disease. Interested community members are invited to attend the next meeting on Monday, March 27 at 1:00pm at the Yulee Full Service School.

### **About Healthiest Weight Florida**

To learn more about Healthiest Weight Florida, please visit [www.HealthiestWeightFL.com](http://www.HealthiestWeightFL.com). A list of the 2017 Champion Communities and best practices can be found online at: [www.HealthiestWeightFL.com/Recognition.html](http://www.HealthiestWeightFL.com/Recognition.html).

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