

**Lee County Board Of County Commissioners
Agenda Item Summary**

Blue Sheet No. 20060036

1. ACTION REQUESTED/PURPOSE:

CEREMONIAL RESOLUTION: "STEP UP FLORIDA!" – COMMISSIONER HALL

2. WHAT ACTION ACCOMPLISHES:

3. MANAGEMENT RECOMMENDATION:

4. DEPARTMENTAL CATEGORY: #3

CP #1

5. MEETING DATE:

02-07-2006

6. AGENDA:

CONSENT
 ADMINISTRATIVE
 APPEALS

 PUBLIC
 WALK-ON

**7. REQUIREMENT/PURPOSE
(SPECIFY)**

STATUTE
 ORDINANCE
 ADMIN.
 CODE
 OTHER

8. REQUEST INITIATED:

COMMISSIONER Commissioner Hall
DEPARTMENT County Commission
DIVISION _____
BY: *Terrance Hall*
Rud

9. BACKGROUND:

10. REVIEW FOR SCHEDULING

Department Director	Purchasing or Contracts	Human Resources	Other	County Attorney	Budget Services				County Manager/P.W. Director
					Analyst	Risk	Grants	Mgr.	
N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A

11. COMMISSION ACTION

Approved
 Deferred
 Denied
 Other



LEE COUNTY
SOUTHWEST FLORIDA

The Board of County Commissioners

RESOLUTION

- Whereas:** A healthy and productive community is essential to the mission of Lee County's ability to successfully promote and protect the health and safety of all of its citizens; and
- Whereas:** An unhealthy lifestyle by Lee County citizens can erode our most important asset – the people in our communities; and
- Whereas:** More than 55% of all adults in Lee County are overweight or obese and 8% of all adults in Lee County having been told they have diabetes. Further, 14.4% of high school students were at risk for overweight, and an additional 8.9% were overweight in 2002; and
- Whereas:** Only 40.9% of adults in Lee County report engaging in regular, sustained physical activity on all or most days of the week; and
- Whereas:** 37.8% of adults in Lee County report not eating the recommended five or more servings of fruit and vegetables each day; and
- Whereas:** Citizens who are engaged in health promoting habits are less likely to develop the chronic conditions of heart disease, stroke, lung cancer, chronic obstructive lung disease, and diabetes, that account for 56.4% of all causes of death in Lee County; and
- Whereas:** Much of the chronic disease burden is preventable; effective prevention measures exist today to substantially curtail the illnesses, disabilities, and unnecessary or early deaths caused by these diseases; and
- Whereas:** The direct and indirect costs of obesity-related disease in 2001 nationally were approximately \$117 billion, further obesity-related medical expenditures for adults in Florida total over \$.39 billion in 2003, with over half of the costs being financed by Medicare and Medicaid; and
- Whereas:** The implementation of a wellness event can benefit residents by improving their physical health and morale; and
- Whereas:** Physical activity is beneficial to the academic success of Lee County students. A recent study has shown that higher academic achievement is associated with higher levels of fitness and students who meet minimum fitness levels in three or more fitness areas showed the greatest gains in academic achievement.


NOW, THEREFORE BE IT RESOLVED BY THE Board of County Commissioners of Lee County, Florida do hereby encourage all residents to set goals to improve their health and wellness as

STEP UP, FLORIDA!

is launched to motivate all residents to make healthy choices and strive for healthy lifestyles.

Duly Executed this 7th day of February, 2006.

**BOARD OF COUNTY COMMISSIONERS
LEE COUNTY, FLORIDA**



Chairwoman