



**Meeting Date:** October 20, 2016

**Agenda Item:** 5

## **Report to Town Council**

**Topic:** Presentations, Proclamations, and Awards

**Recommended Motion:** None required.

### **Summary:**

A. Proclamation recognizing November 2016 as Healthy Weight Community Month.

**Requested by:** Ms. Zengofita, Parks/Rec & Museum Manager

**Approved by:** Ms. Witt, Town Manager



## MEMORANDUM

### TOWN OF PONCE INLET, TOWN MANAGER DEPARTMENT

*The Town of Ponce Inlet staff shall be professional, caring and fair in delivering community excellence while ensuring Ponce Inlet citizens obtain the greatest value for their tax dollar.*

To: Jeaneen Witt, Town Manager  
From: Amy Zengotita, Parks/Rec & Museum Manager  
Date: October 11, 2016  
Subject: Healthiest Weight Florida

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The Town of Ponce Inlet has been recognized as a Healthy Weight Community Champion since 2014 through the State Surgeon General Healthy Weight Community Champion Recognition Program.

The number one public health threat to Florida's future is unhealthy weight. Currently, only 36 percent of Floridians are at healthy weight. On our current trend, by 2030, almost 60 percent will be obese. Additionally, six out of ten children born today will be obese by the time they graduate high school. Florida's county and municipal governments play an important role in decreasing the prevalence of unhealthy weight in their jurisdictions. Local governments can implement a variety of policies that have been shown to increase physical activity and improve nutrition. The State Surgeon General Healthy Weight Community Champion Recognition Program recognizes municipalities and counties who have implemented "best practice" policies to create healthier communities by creating environments where the healthy choice is the easy choice.

As part of the Town's efforts to promote a healthy community, each year the Town recognizes November as Healthy Weight Community Month.