



Jeb Bush
Governor

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Secretary, Department of Health

PINELLAS COUNTY HEALTH DEPARTMENT

Monday, January 09, 2006

FOR IMMEDIATE RELEASE

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Learn More about Staying Fit

Healthy Weight Week is January 15-21

Healthy Weight Week is a national observance that focuses attention on the importance of staying at a healthy weight. This is especially important at a time when **60 million Americans are reported to be overweight**. According to a study conducted by the Centers for Disease Control and Prevention (CDC) in 2005, an estimated 112,000 deaths each year in the U.S. are directly associated with obesity. During Healthy Weight Week, and all year long, the Pinellas County Health Department encourages individuals to learn more about obesity, overweight and the importance of staying fit.

What is a healthy weight?

A healthy weight is different for everyone. A person's weight is based on many factors such as genes, food intake, muscle mass, bone density, and level of physical activity. Therefore, it is impossible to have one ideal weight that suits every body type. Healthy weight is not just about weight loss. It includes lifestyle, eating habits, and good nutrition, combined with physical activity. Eating a balanced diet provides the human body with the energy it needs to function properly. Personal dietary habits directly affect the body's well-being and a person's quality of life. Normal eating implies eating three meals and one or two snacks a day, and eating at regular times. It also means choosing a variety of foods and eating all foods in moderation.

How many people are at a healthy weight?

According to the National Institute of Diabetes and Digestive and Kidney Diseases, only one in three American adults are at a healthy weight, with two of three being overweight or obese.

How does healthy weight influence a person's life?

Maintaining a healthy weight can enhance feelings of well-being and provide the needed energy to lead a fulfilling life. Healthy weight management is an important part of self-esteem, because your weight affects your body image, emotions, moods, and physical stamina. A healthy weight can help to reduce your risk for physical and mental illnesses.

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What can be done to reach and stay at a healthy weight?

Efforts to get individuals to maintain a healthy weight begin with our children. Parents have an important role to play, because they are typically the primary source of information. More importantly, they are the primary role models when it comes to establishing children's eating habits. Children learn from their parents what to eat, when to eat, and how much to eat. For children and adults alike, it is important to get in touch with the body signals that tell you when you are hungry, full or have overeaten.

Adults who wish to change their behaviors, attitudes, and lifestyle patterns in order to reach a healthy weight should begin by getting reliable information on nutrition and physical fitness.

**To find out more about healthy weight, nutrition and fitness,
visit www.PinellasWellness.com.**

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*The mission of the Pinellas County Health Department is to promote, protect and
improve the health and safety of residents and visitors through public and private community efforts.*
www.PinellasHealth.com