

Decreasing Tobacco Use

Tobacco is the single largest cause or preventable premature death in the U.S. Community based programs that reduce tobacco use encourage youth to stay tobacco free expose the dangers of second hand smoke, and promote advocacy for positive reform should be designed and implemented to encourage a tobacco free environment.

THE STEP UP, FLORIDA!
HEALTHY LIFESTYLES DIVISION
PROMOTES GOOD HEALTH THROUGH
LIFESTYLE CHANGES AND
OFFERS THE FOLLOWING SERVICES.

- ♥ Community sessions that increase the awareness of heart disease and stroke through community sessions.
- ♥ Instruction on Diabetes self-management
- ♥ Free physical activity classes
- ♥ Injury and violence prevention programs
- ♥ Smoking cessation support
- ♥ Air quality home inspections
- ♥ Asthma education and care coordination
- ♥ Weight management classes
- ♥ Employee Wellness

MAKE HEALTHIER
DINING OUT DECISIONS!

When dining
out, look for
restaurants
displaying
the *Just Ask
Us* sticker.



Call us at the number below for information regarding services.

Step Up, Florida! Healthy Lifestyles
205 Dr. M.L. King Street N.
St. Petersburg, Florida 33701
727-824-6901

or

Visit our website at
www.PinellasWellness.com



LIVE LONGER, HEALTHIER, HAPPIER

*Healthy People 2010 Web Site:
<http://www.health.gov/healthypeople/>

Step Up, Florida!
Healthy Lifestyles

LIVE
LONGER
HEALTHIER
HAPPIER



Take Charge
of Your Family's
Wellness Today

Pinellas County Health Department

Our Vision
Healthier People in a
Healthier Environment

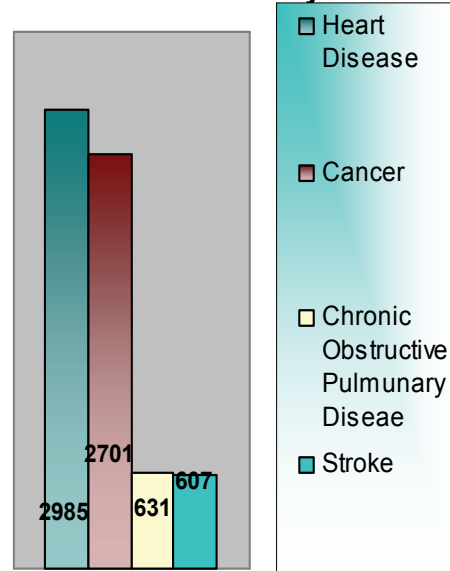
INCREASING PHYSICAL ACTIVITY

Regular physical activity decreases the risk of death from heart disease, lowers the risk of developing diabetes and high blood pressure and is associated with a decreased risk of colon cancer. This is true even when moderate levels of physical activity are performed.

Other benefits of physical activity include:

- ♥ Increases muscle and bone strength.
- ♥ Increases lean muscle and helps decrease body fat.
- ♥ Aids in weight control and is a key part of any weight loss effort.
- ♥ Enhances psychological well-being and may even reduce the risk of developing depression.
- ♥ Appears to reduce symptoms of depression and anxiety and to improve mood.

Leading Causes of Death
Pinellas County 2004



Don't Become a Statistic!

Eliminate the preventable risk factors for chronic disease in your life and in the lives of your family members!

The quality of our lives can improve and many deaths can be prevented by changes in lifestyles and health behaviors.

- ♥ Eat sensible amounts of nutritious foods
- ♥ Exercise 30 minutes or more each day
- ♥ Don't Smoke
- ♥ Limit Alcohol Use

IMPROVING NUTRITION

Overweight and obesity substantially raise the risk of illness from high blood pressure, high cholesterol, type 2 diabetes, heart disease and stroke, gallbladder disease, arthritis, sleep disturbances and problems breathing, and certain types of cancers. People who are obese also may suffer from discrimination and lowered self-esteem.

Over 2/3 of adults in the United States are estimated to be overweight or obese. 57% of all Floridians are overweight! Obesity is a result of a complex variety of social, behavioral, cultural, environmental, physiological, and genetic factors.

A healthy diet and regular physical activity are both important for maintaining a healthy weight. Over time, even a *small* decrease in calories eaten and a *small* increase in physical activity can help prevent weight gain or facilitate weight loss. It is recommended that obese individuals who are trying to lose *substantial* amounts of weight seek the guidance of a health care provider.