



FLORIDA DEPARTMENT OF HEALTH IN GULF COUNTY

Mission: To protect, promote & improve the health of all people in Florida through integrated state, county, & community efforts.

WELLNESS NEWSLETTER JUNE 2015

small steps to LIVING HEALTHY



Small Steps to Living Healthy

Finding success in healthy weight isn't always easy, but it helps to take small steps.

Small Steps to Living Healthy is an email-based program that allows Floridians to sign up for weekly tips and tricks delivered directly to their inbox. These are ideas to help you reach or maintain your healthiest weight.

Each week of the month highlights a designated topic area:

- **Set Goals.** At the beginning of each month, a challenge and health tip will be emailed. Examples of challenges include replacing sugar-sweetened beverages with water or taking the stairs instead of the elevator.
- **Move More.** During the second week of the month, physical activity will be the highlighted. Participants will be introduced to different styles of exercise and the benefits of each, including options for persons with disabilities.
- **Be in the Know.** Week three "fun fact" emails will provide facts on other aspects of healthy living related to healthy weight such as stress, depression and time use.
- **Eat Smart.** The focus of this week's email will be nutrition. Florida fruits and vegetables of the month, as well as recipes, will be offered through the Living Healthy in Florida Campaign.



FITNESS CHALLENGE UPDATE

The new community fitness challenge began last week. We are proud to announce that **91** Gulf County citizens have signed up for the 12 week program. Please help support your friends and family who are participating in this challenge. They need your encouragement to help maintain healthy lifestyle choices!

The event is brought to you by the Gulf County Community Health Improvement Partners. “Like” the Facebook page to stay informed: <https://www.facebook.com/gulfcountycommunityhealth>



Michael Bryant lost 26.2 pounds in the previous challenge by maintaining healthy habits. He exercises with friends and family to stay motivated. He also enjoys eating a wide variety of fruits and vegetables.

Michael’s weight loss journey continues with the new fitness challenge. Help cheer him on!

Tell us your healthy weight loss strategies and get a fitness spotlight in our next monthly newsletter!

MEN'S HEALTH WEEK

June 15-21, 2015

Awareness. Prevention.
Education. Family.

www.menshealthweek.org

To quote Congressman Bill Richardson
(Congressional Record, H3905-H3906, May 24, 1994):

“Recognizing and preventing men’s health problems is not just a man’s issue. Because of its impact on wives, mothers, daughters, and sisters, men’s health is truly a family issue.”

Your Health Matters.

Eat Healthy. Start by taking small steps like saying no to super-sizing and yes to a healthy breakfast. Eat many different types of foods to get all the vitamins and minerals you need. Add at least one fruit and vegetable to every meal.

Get Moving. Play with your kids or grandkids. Take the stairs instead of the elevator. Do yard work. Play a sport. Keep comfortable walking shoes handy at work and in the car. Most importantly, choose activities that you enjoy to stay motivated.

Make Prevention a Priority. Many health conditions can be prevented or detected early with regular checkups from your healthcare provider. Regular screenings may include blood pressure, cholesterol, glucose, prostate health and more.

We need your input!



Please fill out survey.

The Gulf County Community Health Partners (CHIP) continue to lead the community health assessment initiative and are currently working to gain greater insights surrounding perceptions of community health.

Citizen opinion and feedback are a critical part of the process to Identify priority issues.

Please click [HERE](#) to complete a Gulf County Community Health Survey.

It should take you approximately 7 minutes to complete. You are also encouraged to share this with others in our community for their input.

The information gathered in the survey will help guide future efforts to improve the health of the residents in our community. Thank you for your help in making Gulf County the healthiest in Florida!



National HIV Testing Day is observed annually on June 27.

Get tested for free.

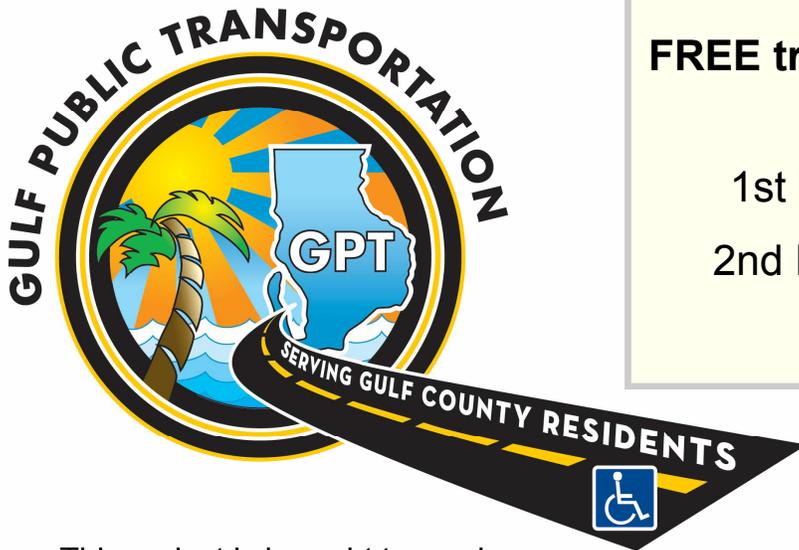
Call the Florida Department of Health in Gulf County to find out more about HIV testing at (850) 227-1276.

Need a FREE ride to the farmer's market?



To promote a sustainable food system on Florida's Forgotten Coast

1st & 3rd Saturdays
April through November
9am-1pm EDT



This project is brought to you by:

Gulf County Community Health Improvement Partners (CHIP), Gulf Public Transportation, Salt Air Farmer's Market in Port St. Joe and the Florida Department of Health in Gulf County.

Program Details:

FREE transportation available within City of Port St. Joe only.

1st Round Trip: 9:30-10:30 am EST

2nd Round Trip: 10:00-11:00 am EST

To reserve your seat, call (850)229-6550 before the next farmer's market.

*Please be ready by your pick up/drop off times.



Join the next **CHIP** Meeting!

CHIP stands for Community Health Improvement Partners.

We are committed to protecting and improving the health of communities through education, promotion of healthy lifestyles, and access to resources.

We meet on the last Wednesday of each month at noon EST.

Next Meeting:

When: June 24, 2015 at noon EST.

Where: Sister's Restaurant on Reid Avenue, Port St. Joe.