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EVENT CALENDAR

March 12, 2013

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## Local experts will arm the community with practical ways to combat obesity on March 27 and create a 'Healthy Sarasota County'

Armed with a "best practice" toolkit to combat obesity, local health and fitness experts will highlight practical ways to make behavior changes to achieve a healthy lifestyle during the next Sarasota County Wellness Coalition's seminar, "Healthy Sarasota County 5-2-1-0: What It Is and Ways to Use It." The free seminar will take place from 9-11 a.m. on Wednesday, March 27, in the Commission Chamber on the first floor of the Sarasota County Administration Center, 1660 Ringling Blvd., Sarasota.

The program will highlight the vision for our community known as [Healthy Sarasota County](#). A panel of experts will address each element of the [Healthy Sarasota County 5210 Initiative](#). The presenters include Kari Ellingstad from the Community Health Improvement Partnership (CHIP); Adriel Zahniser and Heather Brunette from Sarasota County School District Food and Nutrition Services; Jennifer Tucker-Mogensen of the South County Family YMCA; Jessi Neitzel of Tidewell Hospice; and Andrea King of Sarasota County Parks and Recreation.

Results from the [Community Health Improvement Partnership \(CHIP\) Survey](#) show that in Sarasota County the percent of overweight adults increased from 32.3 percent in 2006 to 34.3 percent in 2010, and the percent of obese adults increased from 20.3 percent in 2006 to 21.2 percent in 2010. Health officials say that achieving a healthy weight is a critical public health objective.

According to empirical research conducted by the Centers for Disease Control and Prevention, health and well-being is largely determined by the lifestyle choices people make every day. For many, the decisions about what to eat, drink and ingest are automatic.

The 5-2-1-0 initiative is a tested message that has proven successful in several other communities in the U.S. The message promotes 5 fruits/vegetables daily; no more than 2 hours of recreational screen time daily; 1 hour of physical activity daily and 0 sugary or sports drinks, including Gatorade.

"5-2-1-0 is a way of making the healthy choice easy. People can set a 5-2-1-0 goal. There are color-coded bracelets that can be worn to serve as good reminders," said Sarasota County Wellness Coalition Chair and School Health Supervisor Linda Glover.

"The 5-2-1-0 message is consistent and is being used in schools, day care centers and doctor's offices; we also are reaching worksites," said Community Health Improvement Partnership Director Kari Ellingstad. "We are working together to help our community make a commitment to change our culture so that we embrace health and well-being."

The [Sarasota County Wellness Coalition](#) works through partnerships to create a healthier community. The Coalition sponsors free and low-cost education sessions on a range of obesity prevention topics. Member organizations of the Coalition include the Sarasota County Health Department, Sarasota County Parks and Recreation, the Sarasota County Extension Family Nutrition Program, Venice Regional Medical Center, Sarasota County Schools, the Gulfcoast South Area Health Education Center, Tidewell Hospice, and the South County Family YMCA.

For more information or to register for the seminar, contact Linda Glover at 941-927-9000, ext. 32101; or via e-mail at [Linda\\_Glover@doh.state.fl.us](mailto:Linda_Glover@doh.state.fl.us). Visit The Sarasota County Wellness Coalition's website at [www.sarasotawellness.org](http://www.sarasotawellness.org). For more information about Healthy Sarasota County, visit [www.HealthySarasota.com](http://www.HealthySarasota.com).

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