



Clay Community Health Happenings



Winnie Holland, Administrator

October 2014

904-529-2800



Mark your calendars! Food day is a nationwide movement and grassroots campaign that encourages Americans to start (or continue) eating a **healthier** diet through **sustainable** and **affordable** foods. The typical American diet is negatively impacting the environment and contributing to chronic health issues including obesity, diabetes, and high blood pressure that accumulate more than \$150 billion in healthcare costs each year. On October 24, 2014, let's come together and encourage each other to make healthier diet choices - shop at a local farmer's market, eat more whole and natural foods such as whole grains and brown rice, and take your health into your own hands. Even though Food Day occurs just once each year, use it as a booster to jumpstart your diet and long-term health.

For more information, visit:
<http://www.foodday.org/>

Food Day's Mission

Food Day aims to address food-related problems and establish a solid foundation for the food movement across the nation:

1. Promote safer and healthier diets.

- About 2/3 of American adults and 1/3 of children are overweight or obese.
- The healthiest diets usually include plenty of fruits and vegetables, whole grains, beans and nuts, and low-fat animal foods.

2. Support sustainable and organic farms.

- Sustainable and organic farming practices help reduce water and air pollution and make for healthier farm animals.

3. Reduce hunger.

- SNAP (food stamps) benefits in 2014 average less than \$1.40 per person per meal.

4. Reform factory farms to protect the environment and farm animals.

- It takes about 167 times as much water to produce one serving of a hamburger compared to one serving of lettuce.
- Agricultural practices are accountable for 70% of pollution in US rivers and streams.

5. Support fair working conditions for food and farm workers.

- According to USDA, for every US dollar spent on food, only about 11 cents goes to the farmers and farm workers.
- The average income for farm workers is between \$10,000 - \$12,499 per year for individuals and \$15,000 - \$17,499 per year for families.
- Farm work is one of the most risky occupations in the nation. 10,000-20,000 US farm workers are diagnosed with pesticide poisonings each year.





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Leap into Action!

In addition to emphasizing healthy, affordable, and humanely-produced foods, Food Day is a day of action. While food activists may use this day to promote better food policies or organize community events throughout the country, Food Day can be celebrated in some smaller, more personal ways right at home. Challenge yourself and start incorporating some of these healthy habits into your daily lifestyle:

- Replace soda and other sugary drinks with water.
- Cook at least one more meal at home per week using a healthier recipe.
- Visit your local farmers market and pick up some fresher and seasonal foods.
- Pack yourself a healthy lunch instead of eating out.
- Make at least half of your grains whole grains, which tend to be more nutritious than their white counterparts.



Clay Health Cleans Up!

The Florida Department of Health recently announced the launch of the Florida Health Cleans Up! project in support of the Florida Department of Transportation's (FDOT) roadside litter prevention media campaign released earlier this year, "Drive it home...Keep Our Paradise Litter Free."

Locally, the Florida Department of Health in Clay County (DOH-Clay) signed up for the Adopt-A-Mile program managed by the Clay County Department of Environmental Services. Over twenty employees have volunteered to participate in the cleanup efforts. At least six times per year, two miles will be "swept" by this team, including our very own Health Officer, Winifred Holland.

"As public health professionals, we recognize the importance of maintaining a safe, clean and healthy community. As part of this effort, some of our staff will be cleaning the roadway on County Road 739 (Henley Road) in Clay County and reminding our community members that physical activity and a clean environment are good partners," said health officer Winnie Holland.

The first cleanup event that took place on September 19, 2014 between 3:00 PM and

5:00 PM was a success. DOH-Clay volunteers picked up twelve bags worth of trash along both sides of County Road 739 (Henley Road). The schedule for future cleanup events are November 21, 2014, December 19, 2014, February 13, 2015, April 10, 2015, and May 8, 2015 from 3:00 PM to 5:00 PM.

Florida Health Cleans Up! is a venture of Healthiest Weight Florida, a public-private collaboration bringing together state agencies, not-for-profit organizations, businesses and entire communities to help Florida's children and adults make consistent, informed choices about healthy eating and active living. The Department's goal is to encourage physical activity and walking while emphasizing how small choices affect your health and environment.

More information about Healthiest Weight Florida and Florida Health Cleans Up! is available at www.HealthiestWeightFL.com

