

April 21, 2016

2nd ANNUAL LIVE, WORK, MOVE SEMINOLE 5K HELD ON SATURDAY, APRIL 9



Contact: Tiffani McDaniel
Media Desk: 407-665-3374 (office) and 321-200-7805 (cell)

Sanford, Fla. – In observance of National Public Health Week (April 4-10, 2016), the Florida Department of Health in Seminole County (DOH-Seminole) hosted the 2nd Annual Live, Work, Move Seminole 5K and 100 meter Kid's Dash on Saturday, April 9, 2016 at the Sanford Riverwalk.

The event included 445 registered 5K race participants and 44 kid's dash runners. Special guests included Dr. LaMar Hasbrouck, Executive Director of the National Association of County and City Health Officials (NAACHO) and Commissioner Dr. Velma Williams, City of Sanford - District 2. DOH-Seminole also presented city officials from Sanford and Oviedo with the 2016 Healthy Weight Community Champions Award at this event.

"We often talk about reducing obesity with proper exercise and diet, but we often miss an opportunity to provide the venue," said Dr. Swannie Jett, Health Officer for DOH-Seminole. "The 5K provided the venue to engage residents and exercise at the same time."

The Orlando Magic, City of Sanford, Front Running Sports, Tobacco Free Seminole County, Health Council of Central Florida - Health Link, No Limit Health and Education, Positive Flow Foundation, and Dairy Council partnered with DOH-Seminole to bring the community an energetic and motivational health event.

"It was great fun to pound the pavement with Floridians under the charge of a committed and engaged health department," said Dr. LaMar Hasbrouck.

According to www.floridacharts.com, in 2013, fifty-eight percent of Seminole County adults indicated they were overweight or obese. Childhood obesity in Seminole County has declined among students in grades one, three, and six since the start of 2015. Several factors contribute to overweight and obesity, including increased screen time, poor nutrition, and a decrease in physical activity. Visit www.healthiestweightflorida.com for strategies to address physical inactivity.

Race photos are available in Healthy Seminole County's Facebook album entitled [2nd Annual Live, Work, Move Seminole 5K](#). For more information about participating and sponsoring next year's race events, contact Venise White, DOH-Seminole's Community Programs Manager at 407-665-3008 or Venise.White@flhealth.gov.

###

Florida Department of Health in Seminole County
Dr. Swannie Jett, DrPH., MSc, Health Officer
400 West Airport Boulevard, Sanford, Florida 32773
PHONE: 407- 665-3000