

**Mission:**

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



**Rick Scott**  
Governor

**John H. Armstrong, MD, FACS**  
State Surgeon General & Secretary

**Vision:** To be the Healthiest State in the Nation

**FOR IMMEDIATE RELEASE:**

JAN. 22, 2014

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## **HEALTH OFFICIALS PROMOTE HABITS FOR A HEALTHY WEIGHT USING 5-2-1-0**

**PENSACOLA, FL** – The Florida Department of Health in Escambia County (DOH-Escambia) encourages everyone to practice some healthy habits associated with achieving and maintaining a healthy weight. DOH-Escambia has selected 5-2-1-0 as a flagship message for promoting general wellness in our community. Several communities across the nation have implemented four simple habit recommendations using the mnemonic 5-2-1-0. Each number represents a daily habit that is associated with a healthy weight and better overall health:

- 5 Consume at least 5 servings of fruits and vegetables every day;
- 2 Limit daily recreational screen time to 2 hours or less;
- 1 Get at least 1 hour of physical activity each day;
- 0 Consume 0 (zero) sugary drinks.

Florida's Surgeon General, Dr. John Armstrong, has identified weight as a primary public health threat to the future of our State. Currently, nearly 40 percent of Floridians are overweight and another 25 percent are obese. On our current trend, almost 60 percent of Floridians will be obese by the year 2030. The costs of care for chronic diseases from obesity alone, such as diabetes, heart disease, high blood pressure, and arthritis, are unsustainable and are estimated to be \$34 billion over the next 17 years. Making better food choices and becoming more active are important steps toward having more Floridians achieve and maintain a healthy weight.

"Many people in Escambia County, Florida want to make lifestyle changes to improve their health and the health of their family," says DOH-Escambia's Director Dr. John Lanza. "We recognize that the number and variety of recommendations out there can be overwhelming and often confusing. 5-2-1-0 promotes some basic habit changes that can impact health yet do not require a lot of detailed information or special equipment. Anyone can start practicing them right away."

DOH-Escambia plans to distribute 5-2-1-0 educational messages throughout the community. Plans include partnering with area schools, childcare centers, and physician's offices to encourage everyone to eat more fruits and vegetables, limit screen time, be more physically active, and avoid sugary drinks.

Learn more about 5-2-1-0 at [www.5210nwfl.com](http://www.5210nwfl.com). Find out about DOH-Escambia's 5-2-1-0 Program at [www.escambiahealth.com](http://www.escambiahealth.com) or call 850-595-6272.

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