

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

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Florida Department of Health in Okaloosa Celebrates Healthy Promise Florida

OKALOOSA COUNTY—The Florida Department of Health in Okaloosa County is joining with the state and county health departments to celebrate Healthy Promise Florida.

Healthy Promise Florida is an interactive, online health campaign to encourage individuals to make a commitment to their health during the New Year.

"The new year is a great time to commit to improving your own health," said State Surgeon General and Secretary of Health Dr. John Armstrong. "The Healthy Promise campaign offers all Floridians inspiration, ideas and support to stay focused on making healthy choices every day."

Okaloosa County residents can participate two ways: One, they can post a healthy promise along with a personal photo to the online message board at www.HealthyPromiseFL.com. They can also view inspirational photos and promises posted by other Floridians on the site.

Or, they can join with FDOH-Okaloosa employees by posting their promises on the central bulletin board at the Fort Walton Beach location of FDOH-Okaloosa.

Healthy Promise Florida was developed by [Healthiest Weight Florida](#), a public-private collaboration of state agencies, not-for-profit organizations, businesses and 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 one's health and environment.

The Florida Department of Health works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts. The Department is recognizing 125 years of public health in Florida with educational opportunities and events. Please visit www.FLHealth125.gov for more information.

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