

**A Model
Community
in Pinellas County**

**Committed to
improving the health
status of its residents!**

Offering classes in

👍 Physical Exercise

**👍 Diabetes
Awareness**

👍 Nutrition

👍 Cooking

👍 Asthma

**👍 Smoking
Cessation**

**Air Quality
Home Inspections**



***Kenneth City Stepping
to A Healthier Pinellas***



Did you know?

- 57 % of Pinellas County residents are overweight or obese.
- The percentage of young people 6-19 years of age who are overweight has doubled in the last 20 years.
- The number one cause of preventable deaths is tobacco usage.
- Asthma is a leading cause for Emergency Room visits for children.
- Being overweight can lead to heart disease, type two diabetes, cancer and death.

YMCA Classes

Fun filled exercise for families and kids!



Diabetes Classes

Find out how you can prevent diabetes or if you already have it, learn how to better manage!



Nutrition Classes

Healthy eating tips for a happier, healthier lifestyle!



Steps to A Healthier Florida-Pinellas County is a federally funded grant program. This five year project focuses on delivering important health messages regarding obesity, diabetes, asthma and related behavior including nutrition, physical activity and tobacco usage. Our goal is to reduce the occurrence of these behavioral diseases that have been shown to lead to heart disease, Type 2 Diabetes, certain forms of cancer, high blood pressure, and other life threatening health conditions.



Festival of States Parade

205 Dr ML King Street Jr N.
St.Peterburg, FL 33701
727-820-4113
or dial 2-1-1 for information
www.PinellasWellness.com



Funding for this brochure was supported by Cooperative Agreement Number 03135 from the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention, the Department of Health and Human Services, or the US governments.

Kenneth City...It's All About You!

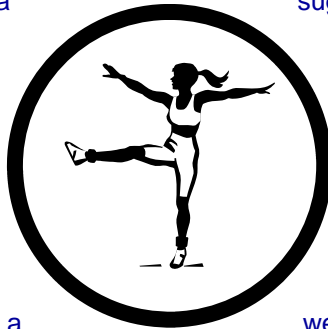
Kenneth City Stepping to A Healthier Pinellas



A Guide to Services in YOUR Community

It's All About Kenneth City!

Kenneth City has been selected to be a Steps Model Community! Steps to a Healthier Pinellas began in 2003. The Steps program is a five year project that targets diabetes, asthma, obesity, nutrition, tobacco and physical exercise in four cities: St. Petersburg, Gulfport, Pinellas Park and Kenneth City. At a community meeting last year, a Pinellas County resident suggested that we



*Exercise on a regular basis
has been proven to improve
health.*

choose a small community to be our model. The suggestion was to put lots of healthy activities and educational information in this community and try to get the residents really committed to making healthy lifestyle changes. We surveyed several communities and Kenneth City came back as the best one for what we were trying to do. Blanton Elementary stepped up to the plate and offered to open the school after hours for classes and activi-

ties. Winn Dixie offered to sponsor the kickoff event and the Kenneth City Mayor William Smith offered to give the Steps program a key to the city. Who could ask for more! We are excited to be part of Kenneth City's efforts to become healthier!

Pinellas County Schools and Steps are working together to encourage healthier eating--in school and out!



Services Offered

YMCA PACT Classes
 YMCA Pilates
 Diabetes Awareness
 Diabetes Self Management
 Nutrition Classes
 Cooking Demonstrations
 Asthma Care Coordination
 Faith Based Services
 Air Quality Home Inspections
 Smoking Cessation

It is true that healthier choices lead to healthier lifestyles. Start slow, and add at least one eating healthy choice every day. Start to exercise for small amounts of time and work your way up! Over time, small choices can yield BIG results!



Steps Healthier Menu Restaurants

Look for the local restaurants who have added healthier choices to their adults and kid's menus!



Our Steps nutritionist has approved healthy additions to menus in over 100 restaurants in Pinellas County!

We are really proud to be in Kenneth City! Please join our efforts to make Kenneth City a healthier, happier community!