



Charlie Crist
Governor

Ana Viamonte Ros, M.D., MPH
Secretary

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FLORIDA DEPARTMENT OF HEALTH KICKS OFF "THREE P's" TOUR
--Secretary Viamonte Ros to visit all 67 county health departments --

TALLAHASSEE – Secretary Viamonte Ros launched her Three P's Tour today in celebration of National Public Health Week and the Florida Department of Health's (DOH) 10th anniversary. The three P's are: prevention, preparedness and personal responsibility. The Secretary pledged as part of her Three P's Tour to visit all 67 county health departments between Public Health Week 2007 and Public Health Week 2008.

"I commend Secretary Viamonte Ros and the Department of Health for leading the charge on the Three P's Tour and encouraging Floridians to be engaged in their own personal health outcomes by leading healthy lifestyles and getting physical activity," Governor Charlie Crist said. "These positive health behaviors will allow us to lead more energetic and productive lives, while also moving Florida to a health system that prevents diseases – saving us money in the long-run."

The tour will also include visits to schools throughout the state to help children understand the importance of healthy behaviors and lay the groundwork for the next generation of healthier Floridians.

"Preventing diseases, being prepared and taking personal responsibility are three important areas of health every Floridian has the power to control and change," DOH Secretary Ana M. Viamonte Ros, M.D., M.P.H. said. "I look forward to promoting these important messages during the next year, and meeting the dedicated individuals around the state who work hard each day to promote these causes within their communities. This tour also marks the celebration of ten years of wonderful public health work and the beginning of another decade of a healthier Florida."

Floridians can take responsibility for their own better health outcomes by engaging in preventive health behaviors, such as eating well, getting daily doses of physical activity, not smoking and staying current on immunization shots.

Preparedness for man-made or natural disasters, such as hurricanes or tornadoes, is also important. Each Floridian should take steps to ensure they and their loved ones are ready for any type of emergency, by having a preparedness kit of canned food, medicines and other essentials, as well as having an emergency plan.

Accepting personal responsibility for taking preventive health measures, in addition to being prepared are critical to the health of Floridians. Each Floridian should also take an active role in their own bodies, by regularly seeing their physician, knowing their family history of disease and taking the time to ask important health questions about their own health matters.

Secretary Viamonte Ros' Three P's Tour officially begins on Wednesday, April 4, when she



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travels to Walton County's Health Department for the ground breaking of their new facility.

Florida Department of Health promotes and protects the health and safety of all people in Florida through the delivery of quality public health services and the promotion of health care standards. For more information on the Florida Department of Health, please visit www.doh.state.fl.us.

For more information on Governor Crist's Council on Physical Fitness, please visit www.healthyfloridians.com. For more information on Florida preparedness visit www.floridadisaster.org.

