

MILLS COUNTY PUBLIC HEALTH

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Public Health
Prevent. Promote. Protect.

NEWS RELEASE – 12/20/11

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COMMUNITY SUPPORT NEEDED FOR GLENWOOD BLUE ZONES PROJECT.

Glenwood residents are urged to take action today to support the Glenwood Blue Zones Application by visiting the website at www.bluezonesproject.com/citizens/signup. Residents with cell phone texting can support the project by texting “BZP” in the message line to the number 772937. The Glenwood application will be submitted on January 4, 2012 and citizen support is an important part of the selection process.

The Glenwood Blue Zones Project is designed to improve the well-being of Glenwood as a community by focusing on permanent environmental and policy changes that will make the healthy choice the easy choice. About 75% of how long we live – and our chances of suffering from a heart attack, diabetes and certain cancers – is determined by our behaviors. By adopting healthy behavior we can transform our well-being and increase our longevity. Four Iowa communities will receive technical assistance to implement changes that can be sustained long into the future and will help us become a healthier community.

Please help us improve the health of our community – support the Glenwood Blue Zones Project today. Additional information on this project is available at www.bluezonesproject.com or by contacting Mills County Public Health at 712-527-9699.

