



**State of Delaware
Office of the Lieutenant Governor**

November 2002

Dear Friends,

I am happy to celebrate the release of *Blueprint for a Healthier Delaware, The 2010 Promoting Physical Activity and Healthy Nutrition Plan*. This document maps out a plan for Delawareans to start taking control of their health.

Studies have shown that sustained physical activity and better nutrition can help reduce the risk of chronic diseases like diabetes, heart disease, and certain types of cancer. Yet, here in Delaware almost 60 percent of our residents are considered overweight or obese. Delaware's cancer incidence rate is higher than the national rate and our cancer mortality rate is also higher than the rest of the country.

The statistics are alarming. Beyond the health-related issues associated with being overweight or obese, there are financial implications as well. Health care and insurance costs are rising dramatically. Employees become less productive at work when they aren't healthy.

It doesn't take crash diets or marathon training to improve your lifestyle, though. A change as simple as 30 minutes of walking four or five times a week can greatly reduce your chances of suffering from a chronic disease. Improve your diet by eating five fruits and vegetables each day and you'll be way ahead of the game.

So read this document with care and interest and get started. If you want even more incentive, contact my office or the Division of Public Health and ask about "The Lt. Governor's Challenge," which is my initiative to motivate people to live healthier. But whatever you do, please do something.

Sincerely,

A handwritten signature in black ink that reads "John C. Carney, Jr." in a cursive style.

John C. Carney, Jr.
Lieutenant Governor