

Commissioner Larry Johnson
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In February 2005 the DeKalb County Board of Health officially presented its *Status of Health In DeKalb Report*.

This report outlined the types of diseases and conditions that are prevalent in DeKalb County that ultimately contribute to the high death rate attributable to non-accidental causes. The number of deaths that can be linked to 'preventable' and 'controllable' conditions was alarming. High blood pressure, diabetes, stroke, heart attack --- conditions that with a simple change in lifestyle habits - - - adding walking as part of a daily regimen, could significantly impact the high mortality rate due to these conditions.

To call attention to this simple, yet effective step towards better health, I proposed, at the May 24, 2005 Board of Commissioners Meeting a Proclamation naming "Walking" as the Official Exercise of DeKalb County and launched the Initiative - "DeKalb Walks...For the Health of It."

For 2008 the focus of this Initiative is on violence prevention. Violence is one of the top eight causes of death in DeKalb and the Walk this year is to not only encourage improved healthy lifestyle choices but to also call attention to the prevalence of deaths due to violence in the County.

I am asking those who have lost a loved one due to violence to walk with me and to wear a T-shirt with a photo of their loved one on it. I urge you to join me this year in walking for better health but to also walk with me to help prevent violence.

Larry Johnson

DeKalb Walks...

For the Health of It

- **May 24, 2005** - Proclamation designating "Walking" as the "Official Exercise of DeKalb County" proposed by Commissioner Larry Johnson and signed by the DeKalb Board of Commissioners
- **September 17, 2005** - DeKalb Walks Kick-off Event held at Arabia Mountain Park
- **April 15, 2006** - DeKalb Walks Event held at Wade Walker Park
- **September 30, 2006** - DeKalb Walks Event held at Arabia Mountain Park
- **April 28, 2007** - DeKalb Walks Event held at Arabia Mountain Park
- **September 15, 2007** - DeKalb Walks Event held at Arabia Mountain Park
- **September 13, 2008** - DeKalb Walks to Prevent Violence held at Arabia Mountain Park
- **September 12, 2009** - DeKalb Walks to Prevent violence & concert held at Arabia Mountain Park



Health Benefits of Walking

- ◆ Walkers Live Longer
- ◆ Walking Helps Prevent Weight Gain
- ◆ Walking Reduces the Risk of Colon Cancer
- ◆ Walking Reduces Diabetes Risk
- ◆ Walking Improves Mood & Relieves Stress
- ◆ Walking Reduces the Risk of Heart Disease and Stroke

2010 DeKalb Walks ...For RECOVERY!

DeKalb Walks ...
For the Health of It



***2010 DeKalb Walks...
For RECOVERY!***

SAVE THE DATE!

**Saturday, September 11, 2010
9:00 a.m. – Arabia Mountain***



***Starting point Murphey-Candler Elementary
6775 S. Goddard Road, Lithonia, Georgia**

**Call 404-371-2425 to Register or
for more information**

MISSION

To promote healthy lifestyles and promote the health benefits of walking by engaging in a sustained fitness walking program that will result in a fitter and healthier DeKalb.



GOAL

Individually - reduce the resting heart rate by 2 points

Individually - lose 2-5 pounds

Collectively - county-wide, lose 700,000 lbs



2010 DeKalb Walks For Recovery

Free Registration

Join Commissioner Johnson and Walk for **RECOVERY!** and win a Prize

Sponsors

Commissioner Larry Johnson
District 3 Community Associations
Stand, Inc.

**2010 DeKalb Walks..
For RECOVERY!**



**Commissioner
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**2010
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