



NEWS RELEASE Mobile County Health Department

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FOR IMMEDIATE RELEASE

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Mobile County Health Department supports efforts of Smart Coast

The Mobile County Health Department is encouraging residents to attend Smart Coast's free seminar to learn from experts how to transform their community into one that encourages walking, biking, and active lifestyles for everyone. It will be held on Thursday, May 6, from 5 p.m.-8:30 p.m. at the Arthur Outlaw Mobile Convention Center.

According to Dr. Bert Eichold, Health officer, over nutrition is a significant health problem in Mobile County, and safe exercise is an important method to use in addressing the problem. Smart Coast says some aspects of our communities are not designed to encourage certain types of exercise.

According to Smart Coast, transportation experts have lately identified a frightening degree of opportunities to improve in Mobile. It says that "Dangerous by Design," a recently released national report, identified the Mobile metro area as the most dangerous city in the state for pedestrians and the fourth most dangerous city in America for pedestrians. And, Smart Coast says, the Alliance for Bicycling and Walking identified Alabama as the most dangerous state in the nation for cyclists

"We are encouraging members of our community to participate in this educational event," Dr. Eichold says.

For more information about the seminar, call 928-2309.

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