



Florence County Health Department

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NEWS RELEASE

12/15/2020

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Ice Skating Rink in Florence County

[Florence, WI] –

Childhood and adult obesity rates continue to climb throughout the United States. According to the Centers for Disease Control and Prevention (2020) obesity prevalence was 13% among 2- to 5-year-olds, 18% among 6- to 11-year-olds, and 20% among 12- to 19-year-olds and 26% among adults. Unfortunately, Florence County continues to exceed the nationwide trend with obesity rates among adults at 34%, which has steadily increased since 2004 when the rate was 24% (County Health Rankings & Roadmaps). One way to combat overweight and obesity rates for both children and adults is exercise.

The Florence County community is committed to preventing chronic diseases associated to overweight and obesity by supporting and initiating measures that will increase activity. Due to the climate in our area, outdoor ice skating rinks are an excellent way to safely increase activity while having fun with friends and family. Benefits of ice skating for all ages include: assistance in maintaining a healthy weight, increased balance, muscle strengthening, increased social connections, improved quality of sleep, and improved heart health, just to name a few. Therefore, the health department, along with many community partners, will be erecting a temporary ice rink for public use which will be located behind the Florence Utilities garage by Fisher Lake fishing dock. Loaner skates will be available at **TBD** for use. Please call the Florence County Health Department (715.528.4837) with any questions and/or concerns.

For more information, go to the Florence County Health Department webpage at <http://www.florencecountywi.com/>. The Florence County Health Department is located on the first floor of the courthouse. Need health insurance? Visit access.wi.gov to see if you qualify for benefits.

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