

A New Lease on Life

Human Services Spotlight Series #4

Pinellas County Health Program Client Loses 58lbs

A client recently joked that he was half the man he used to be. An exaggeration maybe, but a weight loss of 58 pounds in three years is an achievement.

He credits the primary care doctors and nutritionists at the Florida Department of Health in Pinellas County (DOH) for his new lease on life. The client states he was brought up on Southern cooking, aka Soul Food, and he needed to change his eating habits. Through his involvement with the program, he has learned how to eat healthier by watching his sodium, drinking more water and eating smaller portions. He stopped eating canned soups, but his love of soups continues, as his wife now prepares soup from scratch and freezes portions for him.

The St. Petersburg Saturday Morning Market's Fruit and Vegetable Voucher Program has given him access to fruits and vegetables he couldn't afford before. He says he now eats all sorts of food he would never have been introduced to, had it not been for this program. The weight loss has given him more energy

in his daily life as he enjoys time with his grandkids and fishing.

To celebrate his weight loss, he bought some new clothes. He says he hasn't looked and felt this good since he was a teenager. He proclaims that changing his eating and lifestyle habits is a commitment worth the effort.

The most dedicated lifestyle changer shed 45 pounds last year. He credits his transformation with the support he has gotten at the PCHD for helping him make the necessary changes. Weighing in monthly has become a celebration of high five's as the scale reveals how he is slowly becoming a shadow of his former self and able to walk without the use of a cane.

As a result of the weight loss, he decreased his medication and could potentially discontinue the diabetes medication all together.



The Pinellas County Health Program supports nearly 8,000 low income, uninsured citizens in Pinellas County. The program provides preventive primary care through eight locations in Pinellas County. All primary care services are provided by the Florida Department of Health in Pinellas County. To learn more about the Pinellas County Health Program, visit www.pinellascounty.org/humanservices.

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Photo Credit: St. Petersburg Saturday Morning Market

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