

MAYORAL PROCLAMATION

WHEREAS, the Mayor of West Chicago, Illinois is committed to supporting a thriving, vibrant, and healthier community for residents of all ages and abilities; and

WHEREAS, the government of West Chicago, Illinois recognizes the importance of providing access to safe and convenient places to be physically active for people regardless of age, race, income, socio-economic status, disability status, and geographic location; and

WHEREAS, approximately one in five children and two in five adults in the U.S. have obesity; and

WHEREAS, one in two adults live with a chronic disease and about half of this group have two or more chronic diseases; and

WHEREAS, about one in four young adults is too heavy to serve in our military; and

WHEREAS, the Physical Activity Guidelines for Americans recommend that children (ages 6-17 years) do 60 minutes or more of moderate-to-vigorous intensity physical activity each day and adults (ages 18 years and older) do at least 150 minutes a week of moderate intensity activity such as brisk walking; and

WHEREAS, only half of adults and one quarter of youth get the recommended amounts of aerobic physical activity they need to help reduce and prevent chronic diseases; and

WHEREAS, physical activity is vital for healthy aging and can reduce the burden of chronic diseases and prevent early death; and

WHEREAS, physically active people generally live longer and are at less risk for serious health problems like heart disease, type 2 diabetes, obesity, and some cancers; and for people with chronic diseases, physical activity can help manage these conditions and complications; and

WHEREAS, physical activity can benefit the workforce because physically active people tend to take fewer sick days; and

WHEREAS, the Centers for Disease Control and Prevention (CDC) is leading Active People, Healthy NationSM, a national initiative to help 27 million Americans become more physically active by 2027; and

WHEREAS, communities can support Active People, Healthy Nation by implementing one or more of seven evidence-based strategies recommended by CDC to increase physical activity across sectors and settings; and

WHEREAS, building active and walkable communities can help increase levels of retail economic activity and employment, increase property values, support neighborhood revitalization, and reduce health care costs; and

WHEREAS, walkable communities can improve traffic safety for people who walk, ride bicycles, and drive; and

WHEREAS, individual effort alone is insufficient to improve opportunities for people to be physically active and significant policy, systems, and environmental changes are needed to support and protect individual efforts to make healthier choices; and

WHEREAS, the government of West Chicago, Illinois recognizes its ability to expand achievable, measurable, and sustainable efforts to increase physical activity across the community by supporting Active People, Healthy Nation strategies; and

WHEREAS, it is important to ensure that long-time residents have the opportunity to benefit from increased community investment and that community improvement projects do not result in community displacement; and

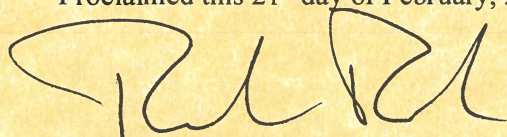
WHEREAS, reducing barriers in access to safe and equitable public spaces for people of color to be physically active is important to addressing existing health disparities; and

WHEREAS, every Active People, Healthy Nation strategy can be designed to support the goal of equitable and inclusive access to opportunities for physical activity.

THEREFORE, the City of West Chicago recognizes that physical activity is one of the best things adults, children, and families can do to improve their health, and in light of the foregoing considerations, West Chicago hereby commits to supporting Active People, Healthy Nation strategies by implementing the following strategies:

- **Activity-Friendly Routes to Everyday Destinations:** This strategy will help to make it safe and easy to walk, bicycle, or wheelchair roll for people of all ages and abilities by improving the design of West Chicago to connecting routes such as sidewalks, trails, bicycle lanes, and public transit to destinations such as grocery stores, schools, worksites, libraries, parks, or health care facilities and City staff is working on a pedestrian/bicycle path plan for consideration by the Infrastructure Committee and City Council.
- **School and Youth Programs:** This strategy uses a combination of approaches to increase physical activity before, during, and after school. Components may include physical education, recess, classroom physical activity, staff involvement, before- or after-school programs (such as free or low cost access to team and individual sports and intramural programs), and family and community engagement. The City's financial support and advocacy of the Healthy West Chicago initiative helps accomplish this strategy.
- **Community-wide Campaigns:** This strategy will promote physical activity by combining a variety of strategies, such as media coverage and promotions, risk factor screening and education, community events, and policy and programmatic initiatives, such as walking trails or social supports. West Chicago's community-wide campaign of Healthy West Chicago is a large-scale, high-visibility, high-intensity, and sustainable.
- **Prompts to Encourage Physical Activity:** This strategy will inform and motivate people to make active choices in places such as transit stations, worksites, universities, shopping malls, airports, and walkable community environments through prompts such as signs or reminders. Again, the City's support of the Healthy West Chicago initiative helps accomplish this strategy.

Proclaimed this 21st day of February, 2022.



Mayor Ruben Pineda


Deputy City Clerk Valeria Perez

