



804 Fayetteville Ave., Suite B

Alma, Arkansas 72921

Shawna Reynolds, City Clerk/Treasurer

Jerry Martin, Mayor  
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## MAYORAL PROCLAMATION

This Mayoral Proclamation is part of the Centers for Disease Control and Prevention (CDC), Division of Nutrition, Physical Activity, and Obesity's (DNPAO) Active People, Healthy Nation<sup>SM</sup> initiative that aims to help 27 million Americans become more physically active by 2027. Part of this initiative is engaging decisionmakers to become Active People, Healthy Nation Champions in order to help achieve strategies that work.

**WHEREAS**, the mayor of Alma, Arkansas is committed to supporting a thriving, vibrant, and healthier community for residents of all ages and abilities;

**WHEREAS**, the government of Alma, Arkansas 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;

**WHEREAS**, approximately 1 in 5 children and 2 in 5 adults in the U.S. have obesity;

**WHEREAS**, 1 in 2 adults live with a chronic disease and about half of this group have two or more chronic diseases;

**WHEREAS**, about 1 in 4 young adults (25%) is too heavy to serve in our military;

**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;

**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;

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

**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;

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

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

**WHEREAS**, communities can support Active People, Healthy Nation by implementing 1 (or more) of 7 evidence-based strategies recommended by CDC to increase physical activity across sectors and settings;

**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;



"Be nice and Kind"





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

**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;

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

**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;

**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;

**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**, Effective February 14<sup>th</sup> 2022, Alma, Arkansas, led by Mayor Jerry Martin, recognizes that physical activity is one of the best things adults, children, and families in Alma, Arkansas can do to improve their health.

And in light of the foregoing considerations, Alma, Arkansas, 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 Alma, Arkansas to connecting routes such as sidewalks, trails, and bicycle lanes to destinations such as grocery stores, schools, worksites, libraries, parks, or health care facilities.
- **Access to Places for Physical Activity:** This strategy will create or enhance access to places for physical activity and provides information to encourage their use. Places will include public parks and trails, activity trails, senior center, and worksites. Information may involve training, incentives, and teaching about healthy behaviors.
- **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.

Signed

A handwritten signature in blue ink, appearing to read "Jerry Martin", is written over a horizontal line.

Date

2-14-22

