

PROCLAMATION



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

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

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;

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, 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 June 7, 2022, Ridgeland, Mississippi, led by Mayor Gene McGee recognizes that physical activity is one of the best things adults, children, and families in Ridgeland can do to improve their health. And in light of the foregoing considerations, Ridgeland 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 Ridgeland 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.
- 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, fitness and recreational facilities, schools and universities, malls, senior centers, and worksites. Information may involve training, incentives, and teaching about healthy behaviors.
- Prompts to Encourage Physical Activity: This strategy will inform and motivate people to make active choices in places such as worksites, universities, shopping malls, airports, and walkable community environments through prompts such as signs or reminders.

IN WITNESS ~~WHEREOF~~, I have hereunto set my hand this the
7th day of June in the year of
our Lord, 2022




GENE F. MCGEE, MAYOR