



proclamation

WHEREAS, the Village of Hanover Park is committed to supporting a thriving, vibrant, and healthier community for residents of all ages and abilities, and 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 1 in 5 children and 2 in 5 adults in the U.S. have obesity, and 1 in 2 adults live with a chronic disease (about half of this group have two or more chronic diseases); and

WHEREAS, physical activity is vital for healthy aging and can reduce the burden of chronic diseases and prevent early death. Physical activity can benefit the workforce because physically active people tend to take fewer sick days. 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, 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; and

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; and

WHEREAS, the government of the Village of Hanover Park, 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;

NOW, THEREFORE, BE IT PROCLAIMED, that I, Mayor Rodney S. Craig, declare that physical activity is one of the best things adults, children, and families in the Village of Hanover Park can do to improve their health, and in light of the foregoing considerations, the Village of Hanover Park hereby commits to supporting Active People, Healthy Nation strategies by implementing Community-wide Campaigns. This strategy will promote physical activity by combining a variety of strategies, such as social media coverage, risk factor screening and education, community events, and/or policy and programmatic initiatives.

dated this 21st day of July 2022.

Rodney S. Craig
Mayor of the Village of Hanover Park