

COUNTY OF HAWAI'I

Proclamation

WHEREAS the Center for Disease Control leads our nation's public health efforts to prevent chronic diseases at every stage of life by promoting good nutrition, regular physical activity, and a healthy weight, and is dedicated to removing barriers to health linked to race or ethnicity, ability, education, income, location, or other factors; and

WHEREAS *Active People, Healthy Nation*SM is a national initiative by the CDC and its partners with the goal to save lives and protect health by helping 27 million Americans to become more physically active by 2027 through strategies including: Activity-friendly Routes to Everyday Destinations, Access to Places for Physical Activity, School and Youth Programs, Community-wide Campaigns, Social and Individual Supports, Prompts to Encourage Physical Activity, and Providing Equity with Inclusive Access; and

WHEREAS the Physical Activity Guidelines for Americans recommend children get an hour or more of moderate-to-vigorous physical activity each day and adults get at least 150 minutes of moderate intensity physical activity, such as brisk walking, each week; and

WHEREAS physical activity is vital to health and can reduce the burden of chronic diseases; physically active people generally live longer and are at less risk for serious health problems; for people with chronic diseases, physical activity can help manage these conditions and complications, and physical activity can benefit the workforce because physically active people tend to take fewer sick days; and

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

WHEREAS Hawai'i County recognizes its ability to expand achievable, measurable, and sustainable efforts to increase physical activity across the community by supporting the *Active People, Healthy Nation* strategies; and

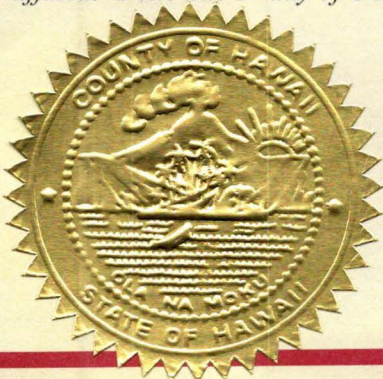
WHEREAS Hawai'i County is committed to supporting a thriving, vibrant, and healthy community for residents of all ages and abilities and recognizes the importance of providing access to safe and convenient places to be physically active for people, regardless of age, race, income, socio-economic status, disability status, and geographic location.

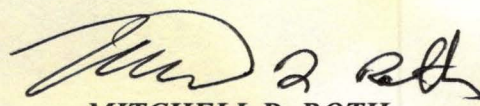
NOW THEREFORE I, MITCHELL D. ROTH, Mayor of the County of Hawai'i, do hereby proclaim October 2022, as

ACTIVE PEOPLE, HEALTHY NATION MONTH

in the County of Hawai'i and encourage our residents to learn more about the immediate and long-term benefits of healthy weight, nutrition and physical activity for adults and children.

IN WITNESS WHEREOF, I have set my hand and caused The Seal of the County of Hawai'i to be affixed. Done this 1st day of October 2022, in Hilo, Hawai'i.




MITCHELL D. ROTH
Mayor