

New Business #1 Sign Active People, Healthy Nation Proclamation

5) THE FOLLOWING RESOLUTION WAS OFFERED BY COUNCILMEMBER FLYNN, WHO MOVED ITS ADOPTION, SECONDED BY COUNCILMEMBER MAJCHRZAK, TO WIT:

WHEREAS, the Town Board of Orchard Park, NY, is committed to supporting a thriving, vibrant, and healthier community for residents of all ages and abilities; and

WHEREAS, the government of Orchard Park, NY, 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

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

WHEREAS, about 1 in 4 young adults (25%) 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 Nation, 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, 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 the Town of Orchard Park 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

RESOLVED, that the Town Board does hereby Effective November 3, 2021, The Town of Orchard Park, led by Councilmember Conor Flynn, recognizes that physical activity is one of the best things adults, children, and families in the Town of Orchard Park can do to improve their health. In light of the foregoing considerations, the Town of Orchard Park 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 Town of Orchard Park 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, including the Orchard Park section of the Erie Cattaraugus Rail Trail, fitness and recreational facilities, schools and universities, malls, senior centers, and worksites. Information may involve training, incentives, and teaching about healthy behaviors.
- **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. The Town of Orchard Park's community-wide campaign will be large-scale, high-visibility, high-intensity, and sustainable.
- **Social Supports:** This strategy will provide supportive social networks, friendships, and actions that can help people in the Town of Orchard Park start, maintain, or increase physical activity. Social supports will include buddy systems, challenges, and walking or other activity groups.
- **Individual Supports:** This strategy will support individuals in the Town of Orchard Park to incorporate physical activity into their daily routines by teaching behavioral skills such as goal setting and problem-solving that are tailored to a person's individual interests and needs.
- **Prompts to Encourage Physical Activity:** This strategy will inform and motivate people to make active choices in places such as worksites and walkable community environments through prompts such as signs or reminders.

The resolution was unanimously adopted.