

EXECUTIVE DEPARTMENT
CITY OF CHARLESTON
PROCLAMATION

WHEREAS: Approximately 1 in 5 children and 2 in 5 adults in the U.S. have obesity, with 1 in 2 adults living with a chronic disease and about half of this group having two or more chronic diseases; 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—60 minutes or more of moderate to vigorous intensity physical activity each day for children ages 6 - 17 and at least 150 minutes a week of moderate intensity activity such as brisk walking for adults ages 18 and older; 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: The Centers for Disease Control and Prevention (CDC) is leading Active People, Healthy Nation, an initiative to help 27M Americans become more physically active by 2027; and

WHEREAS: The City of Charleston 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; and

WHEREAS: Through the creation of new facilities - the skatepark and Beatrice Street Park, and updates to existing facilities - courts at the King Center, FitLot at the East End Community Park, upgrades at Cato Park, and the turfing of 10 sports fields, Charleston continues to prioritize the creation of and enhance access to places for physical activity.

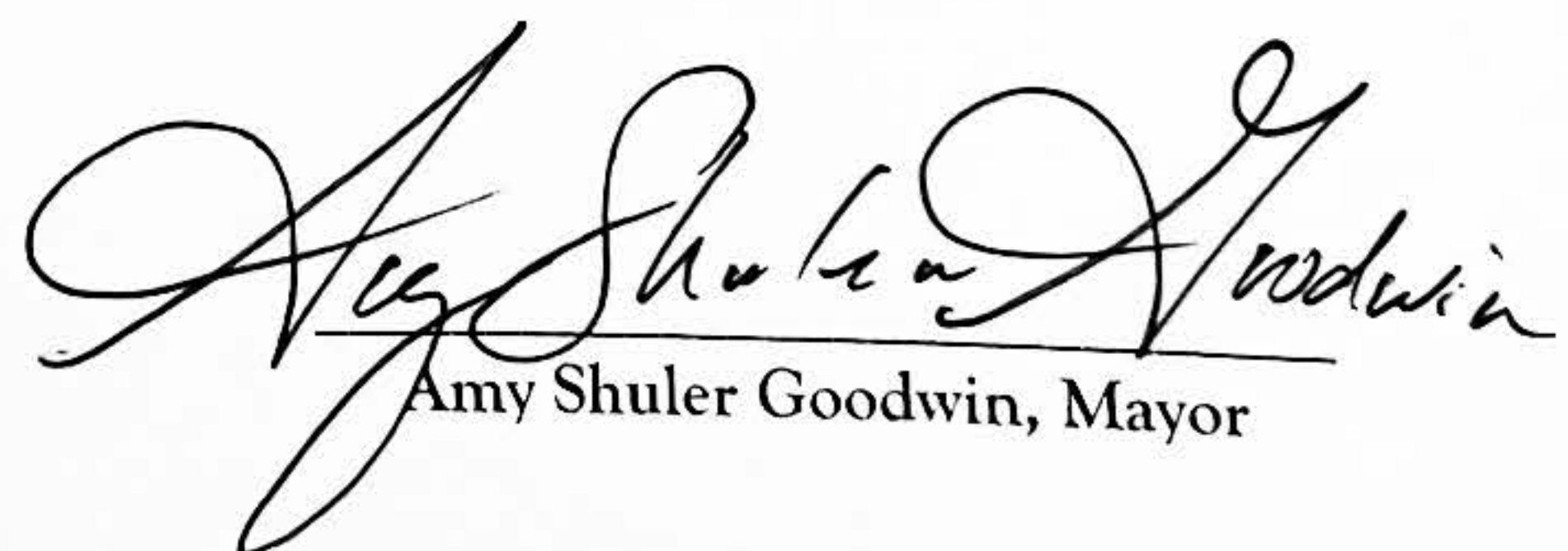
NOW THEREFORE, I, Amy Shuler Goodwin, Mayor of the City of Charleston do hereby proclaim November 2022, as

Healthy People, Healthy Nation Month

In Charleston, West Virginia and encourage citizens to learn more about and visit the city's public parks, trails, fitness and recreational facilities and other places that provide opportunities to become more physically active.

IN WITNESS WHEREOF, I have set my hand and caused the Seal of the Executive Department to be affixed this 7th day of November 2022.




Amy Shuler Goodwin, Mayor