

FROM THE GOVERNING BODY OF
THE CITY OF TALLAHASSEE

PROCLAMATION

WHEREAS, Tallahassee, Florida is committed to supporting a thriving, vibrant, and healthier community for residents of all ages and abilities; and

WHEREAS, the City of Tallahassee 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 NationSM, 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 City of Tallahassee 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; and

NOW, THEREFORE, I, John E. Dailey as Mayor of the City of Tallahassee do hereby recognize that physical activity is one of the best ways adults, children, and families can do to improve their health.

IN WITNESS WHEREOF I HAVE HEREUNTO SET MY

HAND AND CAUSED THE SEAL OF THE CITY TO BE AFFIXED.

MAYOR

John E. Dailey

DATE

November 17, 2022

