**SAMPLE MAYORAL PROCLAMATION**

This Sample Mayoral Proclamation is part of the Centers for Disease Control and Prevention (CDC), Division of Nutrition, Physical Activity, and Obesity’s (DNPAO) Active People, Healthy Nation℠ initiative. The goal is this initiative is to help 27 million Americans become more physically active by 2027. Part of this initiative is engaging decision-makers to become Active People, Healthy Nation Champions to help achieve strategies that work. This document is a sample of a proclamation that allows for choosing from a variety of strategies that can support this effort.

*This sample proclamation is for informational purposes only and is not intended to influence the passage of any specific proclamation, legislation, or other measure.*

**WHEREAS**, the mayor of [CITY, STATE] is committed to supporting a thriving, vibrant, and healthier community for all residents;

**WHEREAS**, the government of [CITY, STATE] recognizes the importance of providing access to safe and convenient places to be physically active for all people;

**WHEREAS**, approximately 1 in 5 children and 2 in 5 adults in the U.S. have obesity;

**WHEREAS**, more than 2 in 5 school-aged children and adolescents have at least 1 chronic health condition;

**WHEREAS**, only 2 in 5 young adults are weight-eligible and physically prepared for military basic training;

**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 3 days a week of muscle strengthening activities and adults (ages 18 years and older) do at least 150 minutes a week of moderate intensity activity such as brisk walking and 2 days a week of muscle-strengthening activities;

**WHEREAS**, only 1 in 4 adults and 1 in 5 youth get the recommended amounts of physical activity needed to help reduce and prevent chronic diseases;

**WHEREAS**, 6 in 10 Americans live with at least 1 chronic disease, and 4 in 10 have 2 or more chronic diseases;

**WHEREAS**, physical activity is vital for healthy aging and can reduce chronic diseases and prevent early death;

**WHEREAS**, physically active people generally live longer and are at less risk for serious health problems such as heart disease, type 2 diabetes, obesity, and some cancers;

**WHEREAS,** for people with chronic diseases, physical activity can help manage these conditions and complications;

**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;

**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;

**WHEREAS**, family-friendly communities include welcoming, safe, and convenient places to play, walk, and bike to enjoy different destinations;

**WHEREAS**, family-friendly communities have economic benefits like attracting businesses, increasing jobs and productivity, boosting retail sales and tax revenues, while reducing health-care costs;

**WHEREAS**, walkable communities can improve safety for everyone;

**WHEREAS**, the government of [CITY, STATE] recognizes its ability to expand achievable, measurable, and long-lasting efforts to increase physical activity across the community by supporting Active People, Healthy Nation strategies;

**THEREFORE,** Effective [DATE], [JURISDICTION] led by [ELECTED OFFICIAL’S NAME] recognizes that physical activity is one of the best waysthat adults, children, and families in [JURISDICTION] can help improve their health.And in light of the foregoing considerations, [JURSIDICTION] hereby commits to supporting Active People, Healthy Nation strategies by implementing the following strategies: [PICK 1 (or MORE) OF THE STRATEGIES PROVIDED BELOW,; VISIT [LINK] FOR ADDITIONAL DETAILS AND RESOURCES]:

* **Increasing Physical Activity Through Community Design**: This strategy will help to make it safe and easy to walk or roll for all people by improving the design of [JURISDICTION] by connecting routes such as sidewalks, trails, 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 [PICK THOSE MOST RELEVANT TO THE JURISDICTION] public parks and trails, fitness and recreational facilities, schools and universities, malls, senior centers, and worksites. Information may involve training, incentives, and teaching about healthy behaviors.
* **School and Youth Programs**: This strategy uses a combination of approaches to increase physical activity before, during, and after school. Components may include physical education, recess, classroom physical activity, staff involvement, before- or after-school programs, and family and community engagement.
* **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 programmatic initiatives, such as walking trails or social supports. [JURSIDICTION’s] community-wide campaign [INCLUDE NAME HERE, IF AVAILABLE] will be large-scale, high-visibility, and long-lasting activities.
* **Social Supports**: This strategy will provide supportive social networks, friendships, and actions that can help people in [JURISDICTION] 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 [JURISDICTION] 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 interests and needs.
* **Prompts to Encourage Physical Activity**: This strategy will inform and motivate people to make active choices in places such as [PICK THOSE MOST RELEVANT TO THE JURISDICTION] transit stations, worksites, universities, shopping malls, airports, and walkable community environments through prompts such as signs or reminders.

Signed\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_    Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(also signed by department heads as appropriate)