

Proclamation

WHEREAS, The City of Rochester and Olmsted County 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 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. are obese; 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, 1 in 2 adults live with a chronic disease and about half of this group have two or more chronic diseases; and

WHEREAS, physically active people generally live longer and are at less risk for serious health problems like heart disease, type 2 diabetes and some cancers; and for people with chronic diseases, physical activity can help manage these conditions and complications; 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 understanding that physical activity is vital for healthy aging and can prevent chronic diseases and early death and that physical activity can benefit the workforce because physically active people tend to take fewer sick days; and

WHEREAS, increasing physical activity directly contributes to improved mental health and better overall health and well-being; 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 has developed 7 evidence-based strategies to increase physical activity across sectors and settings; and

WHEREAS, Rochester and Olmsted County are committed to building an active and walkable community to help increase levels of retail economic activity and employment, increase property values, support neighborhood revitalization, and reduce health care costs; improve traffic safety for people who walk, ride bicycles, and drive; and support individual efforts of people to be physically active through policy, systems, and environmental changes to support and protect individual efforts to make healthier choices; 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; prioritizing 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, the City Council has adopted strategic priorities to enhance quality of life and a city vision that includes a commitment to health and wellness for its people to be connected physically and socially; 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 County Board Commissioners have been long time supporters of the Olmsted County Public Health Department to continue to advance the health and well-being of all people in the County through the past work completed by the Steps to a Healthier US (STEPS) grant, Communities Putting Prevention to Work (CPPW) grant and for the past 13 years have supported the Statewide Health Improvement Partnership (SHIP) grant funded by MDH; and

THEREFORE, Be it Resolved that in May 2022 and beyond the City of Rochester, Minnesota and Olmsted County recognizes that physical activity is one of the best things adults, children, and families can do to improve their health and well-being, and commits to continued support of the **Active People, Healthy Nation** strategies by implementing the

- **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 Rochester 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. County-wide efforts supported by the Olmsted County Public Health SHIP grant encourages all schools within Olmsted County to participate in Walk and Bike to School Day promotions and Safe Routes to School planning. The City of Rochester has also been a key partner in helping to promote and encourage students to participate in Walk and Bike to School Day events since the first event took place in 2003. Olmsted County and City of Rochester staff have also been instrumental in keeping Active Transportation Plans updated both for the City of Rochester and surrounding cities in Olmsted County identifying equitable strategies and transportation improvements needed to foster a safe and healthy community with accessible connections for more people to walk and bike along with using mobility assist devices like scooters, walkers, strollers and wheelchairs.
- **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 with 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. Continued efforts supported by Olmsted County Public Health and City of Rochester leaders from Rochester Parks and Recreation along with Rochester Public Library, and other key community partners within the Micromobility Workgroup continue to improve equitable access to active transportation by developing a free bike share program and bike grant distribution in Rochester. Bikes were awarded to local schools, non-profit organizations working with low-income and diverse populations and individuals who lacked transportation. A free bike share program began and continues to be a success at the Rochester Public Library called, 'Borrow a Bike', to assist with filling the transportation gap, along with providing access to individuals to get active and enjoy Rochester bike trails.
- **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. Rochester's community-wide campaign *Move With The Mayor* will provide annual opportunities to encourage a healthier community.

Signature: _____

Mayor Kim Norton, City of Rochester, Minnesota

Signature: _____

Chair Mark Thein, Olmsted County Board of Commissioners