

PROCLAMATION SUPPORTING THE UNITED STATES SURGEON GENERAL'S CALL TO
ACTION TO PROMOTE WALKING AND WALKABLE COMMUNITIES

WHEREAS, One out of every two U.S. adults is living with a chronic disease, such as heart disease, cancer, or diabetes; and

WHEREAS, These diseases are the leading causes of premature death and disability and leading drivers of the nation's \$3.5 trillion in annual healthcare costs; and

WHEREAS, The health of a community's workforce affects economic development and chronic disease increases costs to employers in lost productivity and higher health care expenditures; and

WHEREAS, Physical activity can reduce illness from chronic diseases and premature death. Regular physical activity helps prevent risk factors for disease (such as high blood pressure and weight gain) and protects against multiple chronic diseases (such as heart disease, stroke, some cancers, type 2 diabetes, and depression); and

WHEREAS, An individual's decision to walk can be made easier by programs and policies that provide opportunities and encouragement for walking and by improvements to community walkability; and

WHEREAS, *Step It Up! The Surgeon General's Call to Action to Promote Walking and Walkable Communities* calls on Americans to be more physically active through walking and calls on communities to better support walking and walkability; and

WHEREAS, *Step It Up!* provides evidence-based strategies to support walking and walkable communities; and

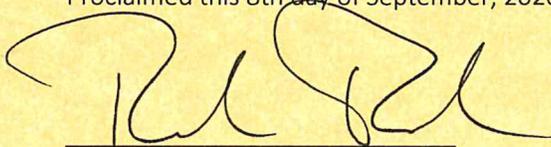
WHEREAS, local government can play an important role in promoting physical activity and building walkable communities; and

WHEREAS, the City of West Chicago supports the efforts of Healthy West Chicago and the National Forum for Heart Disease and Stroke Prevention through the Virtual Move with the Mayor Campaign; and

NOW THEREFORE, BE IT RESOLVED, that the City of West Chicago supports the United States Surgeon General's *Call to Action to Promote Walking and Walkable Communities*; and

BE IT FURTHER RESOLVED, that the City of West Chicago will encourage all cities to develop initiatives and programs that support the goals and strategies related to walking and walkable communities.

Proclaimed this 8th day of September, 2020.



Mayor Ruben Pineda

