



## Resolution 2009-09

### A Resolution of the Key Pen Parks Proclaiming Support for the Multi-Agency ACHIEVE Initiative Strategies to Increase Physical Activity and Healthy Eating for All County Youth and Adults.

**Whereas**, it has been statistically demonstrated that our citizens are experiencing an epidemic of decreasing health, nutrition, and physical activity resulting in increased obesity; and

**Whereas**, obesity is a complex problem involving poor diet, physical inactivity, and life-style patterns; and

**Whereas**, obesity is linked to many chronic diseases including diabetes, heart disease, stroke, cancer, osteoarthritis, asthma, sleep apnea, and mental health problems; and

**Whereas**, 64 percent of Pierce County adults are overweight or obese and 26 percent of Pierce County children are at an unhealthy weight; and

**Whereas**, an increase in obesity is contributing to a substantial decrease in the health and wellness of all people and this is the first generation of children that will have a shorter lifespan than their parents; and

**Whereas**, while this trend continues, it has serious consequences for our community, resulting in loss of productivity, taxing our healthcare resources, and threatens the well being of our future generations; and

**Whereas**, broad community participation is essential to the development and implementation of successful wellness policies, and the ACHIEVE Initiative has been developed with the support of the Boys and Girls Clubs of South Puget Sound, City of Gig Harbor, City of Tacoma, Franciscan Health System, Key Pen Parks, Metro Parks Tacoma, Multicare Health System, Peninsula School District, PenMet Parks, Pierce County, Pierce County Medical Society, Tacoma School District, Tacoma-Pierce County Health Department, YMCA of Tacoma-Pierce County;

### **THEREFORE, BE IT PROCLAIMED** by Key Pen Parks Board of Commissioners:

Key Pen Parks joins all agencies on the ACHIEVE Initiative in their resolve to:

- Work together to create environments that support physical activity and healthy eating as an everyday part of life;
- Develop and implement policies aimed at increasing physical activity and healthy eating among adults and youth;
- Address youth obesity by ensuring that youth receive 60 minutes of physical activity daily, consistently including all the following components: bone strengthening, aerobic activity, and muscle strengthening;
- Assure youth and their families have access to healthy and affordable foods every day, by means of:
  - Community gardens, farmers' markets, and full-service grocery stores in all neighborhoods
  - Healthy meals and snacks in daycares, schools, community centers, and other community programming

**ADOPTED** this 8<sup>th</sup> day of June, 2009.

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Scott Gallacher, Executive Director

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Elmer Anderson, President of the Board

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Greg Anglemeyer, Vice- President

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Kip Clinton, Clerk

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Bruce Nicholson, Member at Large

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William Trandum, Member at Large