

[Insert Municipality Name]
ALLEGHENY COUNTY, PENNSYLVANIA

RESOLUTION NO. [Insert Number]

RESOLUTION INDICATING THE INTENT OF [Insert Municipality Name] TO WORK ALONG WITH ALLEGHENY COUNTY TO ACCOMPLISH THE GOALS OF THE *LIVE WELL ALLEGHENY* CAMPAIGN

WHEREAS, in January of 2013, Allegheny County Executive Rich Fitzgerald, under the leadership of the Board of Health and Health Department Director Dr. Karen Hacker, launched a comprehensive, innovative strategy on wellness called *Live Well Allegheny*; and

WHEREAS, living well is a broad concept that incorporates physical health, mental wellness, personal and community safety, prevention and preparedness, physical activity, nutrition, fitness, managing chronic disease, improving well-being, quality of life, education, improving our standard of living, cessation programs, vaccinations, weight loss, anti-aging, health literacy and so much more; and

WHEREAS, the health of our county residents, and the health of [Insert municipality name] residents, requires a coordinated effort to ensure that programs, studies, outreach events and other efforts have the ability to improve our overall health; behavior changes requires a cultural change which *Live Well Allegheny* is intent on providing; and

WHEREAS, one of the main initiatives of the *Live Well Allegheny* campaign is to endeavor to have the participation of all 130 municipalities and to provide programming in each of those communities; the campaign can enhance the capacity of communities to effectively plan, implement, evaluate and sustain activities and interventions that accomplish the goals;

NOW, THEREFORE, BE IT RESOLVED that the [Insert municipality name] will endeavor to work along with Allegheny County to accomplish the goals of the *Live Well Allegheny* campaign; and

FURTHERMORE, that the [Insert body taking action] of [Insert municipality name] pledges to take the following steps within our community toward these goals:

[Insert or delete as appropriate; the resolution should reflect at least three action steps that are being committed to for participation]

- Promote participation in a voluntary wellness campaign for the community's employees
- Share information on wellness campaign events with the broader community to encourage the voluntary participation of residents
- Plan, promote and implement a Live Well Allegheny event in cooperation with the campaign that encourages active living
- Develop indoor and outdoor wellness trails accessible to residents of all abilities

- Develop walking maps; measure the distances mapped and encourage residents to meet goals
- Offer incentives for employees who walk or bike to work
- Encourage multi-modal transportation of residents by providing facilities or policies that encourage walking and bike riding
- Ask your vending machine company to add healthy foods, and work with the company to post calories and nutrient contents and amounts for the foods offered
- Promote and support farmers' markets
- Encourage involvement with community volunteer activities
- Promote smoke-free buildings and perimeters
- Provide health information focused on monthly or seasonal events
- Utilize web sites and social media to provide information on physical activity, nutrition, stress management, tobacco cessation, and other health and wellness related initiatives

ADOPTED this [insert date] day of [insert month], 2014 by the [insert body] of the [insert municipality].

ATTEST:

[INSERT MUNICIPALITY NAME]

[Insert Name, Title & Signature of Attestor]

[Insert name, title and signature of appropriate officer]