

RESOLUTION NO. 2145

A RESOLUTION OF THE BOARD OF COMMISSIONERS OF THE TOWNSHIP OF ROSS, COUNTY OF ALLEGHENY AND COMMONWEALTH OF PENNSYLVANIA, INDICATING THE INTENT OF ROSS TOWNSHIP 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 Ross Township 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 intervention that accomplish the goals;

NOW, THEREFORE, BE IT RESOLVED that the Township of Ross will endeavor to work along with Allegheny County to accomplish the goals of the *Live Well Allegheny* campaign, and

FURTHERMORE, that Grant Montgomery, President of the Board of Commissioners, of the Township of Ross, pledges to take the following steps within our community toward these goals:

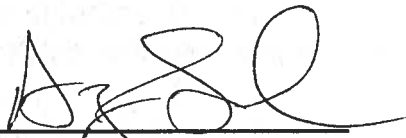
- Promote participation in a voluntary wellness campaign for the community's employees
- Share information on wellness campaign events with the broader community to encourage the voluntary participation of residents
- Plan, promote and implement a Live Well Allegheny event in cooperation with the campaign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

- 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

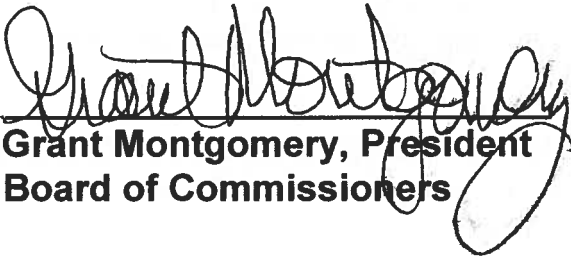
ADOPTED this 4TH day of **AUGUST 2014**, by the Ross Township Board of Commissioners.

ATTEST:

TOWNSHIP OF ROSS



Douglas Sample
Manager/Secretary

By: 

Grant Montgomery, President
Board of Commissioners