

Proclamation

WHEREAS, Obesity has reached epidemic proportions in our society, affecting children and adults, and is generally caused by an ongoing imbalance in the body's energy in (food intake) and energy out (physical activity); and

WHEREAS, Many adults and children in Minnesota are overweight or obese related to unhealthy eating and lack of physical activity that contribute to weight gain over time; and

WHEREAS, Ramsey County recognizes that it will take time to address how to close the gap of obesity that impacts our residents, families and communities and the need to have everyone participate in creating ways to make healthier choices the easy choices; and

WHEREAS, Ramsey County is promoting supportive environments and creating opportunities for adults and children to improve their physical activity and increase their healthy eating patterns in settings where we live, learn, work and play; and

WHEREAS, Ramsey County, in partnership with the City of Saint Paul, the Saint Paul Public Schools, healthcare organizations, and other community-based organizations, are supporting employees, employers, students, teachers, parents, and the community to be more physically active and eat healthier, built around Feel Better Minnesota, with a series of community and school events beginning on April 27, 2010; and

WHEREAS, Ramsey County, the Saint Paul Public Schools and community partners in its Statewide Health Improvement Program (SHIP) grant are developing and implementing tools and strategies built around the Feel Better Minnesota – Exercise Your Right to Feel Better theme to accomplish sustainable changes that will reduce obesity and allow for individuals to live longer, healthier lives; and

WHEREAS, Ramsey County encourages everyone to join in participation of creating healthier communities and improving the health of Ramsey County citizens; Now, Therefore, Be It

PROCLAIMED, By the Ramsey County Board of Commissioners, that Tuesday, April 27, 2010 is known as ***Exercise your Right to Feel Better Ramsey County Day***; and Be It Further

PROCLAIMED, That the Ramsey County Board of Commissioners urges all citizens to recognize and participate in its observance in whatever way possible that gets us one step closer toward improving the health of our residents and communities.

*Victoria Reinhardt, Chair
Ramsey County Board of Commissioners*

*Commissioner Janice Rettman, Chair
Health Services Committee*

Julie Kleinschmidt, County Manager