

IN THE BOARD OF SUPERVISORS
COUNTY OF SAN LUIS OBISPO, STATE OF CALIFORNIA

_____ DAY _____, 2014

PRESENT: Supervisors
ABSENT:

RESOLUTION NO.
RESOLUTION PROCLAIMING APRIL 2, 2014 “NATIONAL WALKING DAY” IN
SAN LUIS OBISPO COUNTY.

The following resolution is hereby offered and read:

WHEREAS, cardiovascular diseases, including coronary heart disease and stroke, are the nation’s leading cause of death and a leading cause of disability, with 915,000 Americans suffering a new or recurrent heart attack each year and 795,000 suffering a new or recurrent stroke; and

WHEREAS, today about one in three American kids and teens are overweight or obese, nearly triple the rate in 1963, and childhood obesity is now the top health concern among parents in the United States; and

WHEREAS, the direct and indirect costs of cardiovascular diseases, including lost productivity, were an estimated \$315.4 billion in 2010, and obesity is a significant factor driving health care spending, accounting for an estimated 12 percent of growth in recent years; and

WHEREAS, regular physical activity can reduce cardiovascular disease risk and may increase life expectancy, but 50 percent of adults and 62 percent of children do not get daily vigorous physical activity; and

WHEREAS, the American Heart Association recommends that children and adolescents participate in at least 60 minutes of moderate or vigorous intensity physical activity each day and adults do at least 150 minutes of moderate intensity physical activity or 75 minutes of vigorous intensity physical activity (or combination of both) each week; and

WHEREAS, regular walking has many proven benefits for an individual’s overall health. Brisk walking for at least 30 minutes a day can help lower blood pressure, increase HDL “good” cholesterol in the blood, control weight and control blood sugar through improved use of insulin in the body. All of these changes help reduce the risk of cardiovascular disease and stroke; and

WHEREAS, if 10 percent of Americans began a regular walking program, \$5.6 billion in heart disease costs could be saved; and

WHEREAS, studies indicate that one of the best investments we can make in our communities. By increasing access to physical activity opportunities by providing families and children with safe places to walk and be physically active, we can improve heart health and reduce obesity rates; and

WHEREAS, studies indicate that one of the best investments a company can make is in the health of its employees. By promoting a culture of physical activity, corporate America can

decrease healthcare costs, increase productivity and improve the quality of life and longevity of the U.S. workforce; and

WHEREAS, on National Walking Day, April 2, 2014 the American Heart Association calls on everyone to wear sneakers and start walking; and

WHEREAS, the purpose of National Walking Day is to encourage Americans to become more physically active by walking;

NOW, THEREFORE, BE IT RESOLVED that the County of San Luis Obispo, Board of Supervisors, State of California, does hereby proclaim April 2, 2014 "National Walking Day" in San Luis Obispo County.

Upon motion of Supervisor _____, seconded by Supervisor _____, and on the following roll call vote, to wit:

AYES:
NOES:
ABSENT:

The foregoing resolution is hereby adopted.

Chairperson, Board of Supervisors

ATTEST:

Clerk of the Board of Supervisors

By: _____
Deputy Clerk