

TOWNSHIP OF OHIO  
ALLEGHENY COUNTY, PENNSYLVANIA

RESOLUTION 8 - 15

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 Ohio 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 change requires a cultural change with *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 Ohio Township will endeavor to work along with Allegheny County to accomplish the goals of the *Live Well Allegheny* campaign; and

FURTHERMORE, that Ohio Township 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
- Develop walking maps; measure the distances mapped and encourage residents to meet goals
- Promote and support farmers' markets
- Encourage involvement with community volunteer activities

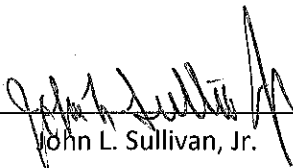
- Promote smoke-free buildings and perimeters
- Provide health information focused on monthly or seasonal events.
- Utilize web sites and social media to provide information on physical activity, nutrition, stress management, tobacco cessation, and other health and wellness related initiatives.
- Provide fitness programming for employees and residents to encourage increased physical activity.

RESOLVED and ENACTED this 4th day of May, 2015.

ATTEST:

TOWNSHIP OF OHIO

BY:



John L. Sullivan, Jr.

Township Manager

BY:



Thomas R. Beatty

Chairman, Board of Supervisors