

**Municipality of Penn Hills
ALLEGHENY COUNTY, PENNSYLVANIA**

RESOLUTION NO. 063

**RESOLUTION INDICATING THE INTENT OF Municipality of Penn Hills TO WORK ALONG WITH
ALLEGHENY COUNTY TO ACCOMPLISH THE GOALS OF THE *LIVE WELL ALLEGHENY* CAMPAIGN**

WHEREAS, in January of 2014, 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 Municipality of Penn Hills 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 Municipality of Penn Hills will endeavor to work along with Allegheny County to accomplish the goals of the *Live Well Allegheny* campaign; and

FURTHERMORE, that the Mayor and Council of Penn Hills pledge to take the following steps within our community toward these goal:


- 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

- Encourage multi-modal transportation of residents by providing facilities or policies that encourage walking and bike riding
- Ask our 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
- Encourage smoking cessation programs for young people
- Encourage physical recreation programs in the community

ADOPTED this 3rd Day of December, 2018 by the Mayor and Council of Penn Hills.

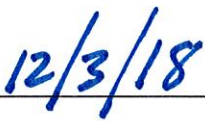
Municipality of Penn Hills


MAYOR SARA J. KUHN


DATE

ATTEST


SCOTT ANDREJCHAK, MUNICIPAL MANAGER


DATE