

*WHEREAS, personal health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity; and*

*WHEREAS, good health is not only a goal for individuals; a healthy population is part of having a healthy community in the broadest sense; and*

*WHEREAS, Alexandria's 2004 Community Health Assessment reported that Alexandria residents felt the greatest threats to the health of their community were obesity, poor eating habits, and lack of exercise; and*

*WHEREAS, according to the U.S. Centers for Disease Control and Prevention, as many as 58 percent of all Virginians are overweight or obese, 74 percent of Virginians report consuming less than five fruits and vegetables a day, and 73 percent of Virginians report not getting the daily allotment of recommended physical exercise.*

*WHEREAS, according to Inova Health System's Healthy Weight Collaborative 2007 survey, in Alexandria, 43.5 percent of children ages 2-5, 26.5 percent of children ages 6-10, and 13 percent of children ages 11-18 are overweight or obese; and*

*WHEREAS, the role of a healthy community is to provide all of its members with the opportunities and support for achieving and maintaining physical, mental and spiritual wellness; and*

*WHEREAS, the Partnership for a Healthier Alexandria is creating a vision for a healthy Alexandria, including an Alexandria where accessing healthy affordable foods and increasing knowledge about healthy eating habits is effortless and an Alexandria where opportunities for recreation abound through sports leagues, exercise facilities, recreation programs, parks, and trails; and*

*WHEREAS, the Mayor's "Get Healthy for Life, Alexandria" initiative aims to build and expand upon Alexandria's current initiatives to encourage, support, and sustain healthy lifestyles; and*

*WHEREAS, the Mayor's "Get Healthy for Life, Alexandria" initiative will collaborate with the Partnership for a Healthier Alexandria, its Healthy Lifestyles Work Group, the Alexandria Health Department and other City agencies, Inova Alexandria Hospital, not-for-profit organizations, local businesses, and the faith community, to help facilitate initiatives to better residents' physical, mental, and social well-being;*

*NOW, THEREFORE, I, WILLIAM D. EUILLE, Mayor of the City of Alexandria, Virginia, and on behalf of the Alexandria City Council, do hereby proclaim May 12, 2009 as:*

**"GET HEALTHY FOR LIFE, ALEXANDRIA"**

*the City of Alexandria will support the Mayor's initiative for the betterment of the physical, mental, and social well-being of each Alexandria resident.*

*IN WITNESS WHEREOF, I have hereunto set my hand and caused the Seal of the City of Alexandria to be affixed this 12<sup>th</sup> day of May 2009.*

**WILLIAM D. EUILLE      MAYOR**

*On behalf of the City Council  
of Alexandria, Virginia*

ATTEST:

Jacqueline M. Henderson, CMC    City Clerk