

City of Sparks

Proclamation

WHEREAS, chronic diseases account for 7 out of 10 deaths and more than 75 percent of health care costs; and

WHEREAS, use of and exposure to tobacco, physical inactivity, and poor nutrition are health-related behaviors that can be linked to the majority of chronic diseases; and

WHEREAS, over 17 percent of adults and 14 percent of high school students in Washoe County are current smokers; and

WHEREAS, over 40 percent of adults and 76 percent of high school students in Washoe County don't get the recommended amount of physical activity; and

WHEREAS, every day in Washoe County less than 25 percent of adults eat the recommended amount of fruits and vegetables, and less than 27 percent of high school students eat two or more vegetables; and

WHEREAS, there are concrete steps that our community's residents, families, businesses, programs, and service providers can all take to combat chronic diseases by promoting physical activity, healthy eating and tobacco free lifestyles.

NOW, THEREFORE, I, GENO R. MARTINI, Mayor of the City of Sparks, Nevada, do hereby proclaim September 18, 2014 as:

"HEALTHY LIVING DAY"

IN WITNESS WHEREOF, I have hereunto set my hand and caused the Seal of the City of Sparks, Nevada to be affixed this 19TH day of August, 2014.



GENO R. MARTINI, Mayor

ATTEST:



TERESA GARDNER, City Clerk

