

Residents

H.E.A.L. - Healthy Eating Active Living

In 2013, Silverton City Council set forth by Proclamation Silverton's commitment to put healthy options within reach of all residents by partnering with the Oregon Public Health Institute (OPHI) in the [Healthy Eating Active Living \(H.E.A.L.\) Cities Campaign](#).

By joining the HEAL Campaign, Silverton is committing to a vision of a healthy community. The Healthy Eating Active Living Cities Campaign celebrates all municipal policies that make Oregon cities places where residents, employees and visitors can be physically active and have access to nutritious foods.

A HEAL City is a:

- Livable city that both old and young are proud to call home.
- Forward-looking city where businesses want to be.
- Healthy and fair city where safe places to play, safe routes to school, and convenient options for nutritious food are all within reach of all our children.
- Welcoming city where build-in amenities like community gardens, farmers markets, bike paths, and walking trails bring the community together.
- Concerned city that encourages its employees to eat better and move more.
- For more information: www.healcitiesnw.org



City of Silverton

306 S Water St.
Silverton OR 97381

www.silverton.or.us

(503) 873-5321

Stay Connected with the City



SCAN-TV



HEALTHY EATING ACTIVE LIVING CITIES CAMPAIGN

CITY OF SILVERTON PROCLAMATION

SETTING FORTH SILVERTON'S COMMITMENT TO PUT HEALTHY OPTIONS WITHIN REACH OF ALL RESIDENTS

WHEREAS, improving livability and community health are important municipal goals; and

WHEREAS, the nutrition and physical activity choices that individuals make for themselves and their families are influenced by their environment; and

WHEREAS, local policies on land use & transportation, access to healthy food, and shared use determine whether options for healthy eating and active living are within reach of the people who live, work, shop, go to school, play or worship in the city; and

WHEREAS, high rates of costly chronic disease among both children and adults are correlated to environments with few or no options for healthy eating and active living; and

WHEREAS, Silverton is a member of the League of Oregon Cities; and

WHEREAS, in 2010, the League of Oregon Cities Board of Directors resolved to partner with and support the national *Let's Move!* Campaign headed by the First Lady of the United States, and has encouraged Oregon cities to adopt preventive measures to fight obesity; and

WHEREAS, in 2012, the League of Oregon Cities Board of Directors resolved to partner with the Oregon Public Health Institute (OPHI) in the *Healthy Eating Active Living (HEAL) Cities Campaign*, and encouraged all Oregon cities to join the *HEAL Cities Campaign* and qualify as a HEAL City by accepting information, training and technical assistance from OPHI staff on policies to support healthier eating and increased physical activity levels for all residents, create more livable communities, and create a culture of wellness at municipal workplaces, and adopting at least one recommended HEAL policy; and

WHEREAS, the City of Silverton's Development Code, adopted in 2008, includes Pedestrian Policies that support active living by requiring the provision of direct pedestrian routes and continuous and safe pedestrian connections.

NOW, THEREFORE, BE IT PROCLAIMED that the City Council hereby recognizes that joining the HEAL Cities Campaign has the potential to further improve local livability and have a positive impact on the community's health and well-being. To that end, Silverton joins the Campaign as an ACTIVE CITY; and

BE IT FURTHER PROCLAIMED that the Silverton City Manager's Office shall work with HEAL Cities Campaign Staff to explore HEAL policies and to identify those policies that may be suitable for the City's unique local circumstances.

IN WITNESS WHEREOF, I hereunto set my hand and cause the Seal of the City of Silverton to be affixed this 5th day of August 2013.




Steve Rasmussen, Mayor