

Proclamation

in honor of

Live Well, San Diego! Day

May 2, 2012

WHEREAS, poor nutrition, lack of exercise and tobacco usage are the main causes that lead to four diseases: heart disease and stroke, cancer, type 2 diabetes and respiratory conditions, which account for more than half of the deaths in San Diego county; and

WHEREAS, improving personal health habits will lead to improved quality of life and result in significant savings to taxpayers; and

WHEREAS, the County of San Diego Health and Human Services Agency has prepared the Live Well, San Diego! Building Better Health initiative which will serve as the blueprint for improving community health and quality of life over the next decade; and

WHEREAS, the City of Oceanside has adopted a Bicycle Master Plan and a Pedestrian Master Plan to enable residents of all ages to walk and ride bicycles safely and thereby improve personal health and supports recreation programs for persons of all ages in the City of Oceanside; and

WHEREAS, the City of Oceanside has taken action to prohibit the use of tobacco on the beach, at City parks and recreation centers, and at the Oceanside Civic Center.

NOW, THEREFORE, BE IT RESOLVED, that I, Jim Wood, Mayor of the City of Oceanside, California do hereby proclaim **May 2, 2012 as Live Well, San Diego! Day** in our community. I further encourage all of our residents to recognize the benefits that a clean and healthy lifestyle can make in their lives and in the lives of others.

Issued this 2nd day of May, 2012



ATTEST:

Jim Wood

Jim Wood
Mayor

Holly Trobaugh

Holly Trobaugh
Asst. City Clerk