

Item # 3

City of Carson City  
Agenda Report

**Date Submitted:** October 9, 2007

**Agenda Date Requested:** October 18, 2007

**Time Requested:** 10 Minutes

**To:** Mayor and Supervisors

**From:** Parks and Recreation Department

**Subject Title:** Action to approve a Proclamation declaring October 29, 2007, as "We Can" Day in Carson City.

**Staff Summary:** The proclamation declares October 29, 2007, as "We Can" (Ways to Enhance Children's Activity and Nutrition) Day in Carson City. "We Can" is a national education program developed by the National Institute of Health (NIH) to help prevent obesity and overweight in youth ages 8-13. "We Can" is a collaborative effort between the NIH's National Heart Lung and Blood Institute (NHLBI); the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK); the National Institute of Child Health and Human Development (NICHD); and the National Cancer Institute (NCI). "We Can" addresses childhood obesity through preventative programs and activities that are designed to promote physical activity and proper nutrition. Carson City Departments of Parks & Recreation and Health & Human Services are partnering with the Nevada State Health Division Bureau of Community Health and the Washoe Tribe of Nevada and California to host a "We Can" national training workshop at the Carson City Community Center on Monday and Tuesday, October 29 and 30, 2007. This free training workshop is directed to parents, educators, child care professionals, health officials, parks and recreation professionals, and lay persons.

**Type of Action Requested:** (check one)

Resolution

Ordinance

Formal Action/Motion

Other - Proclamation

**Does This Action Require A Business Impact Statement:**  Yes  No

**Recommended Board Action:** Read proclamation.

**Explanation for Recommended Board Action:** I move to approve a Proclamation declaring October 29, 2007, as "We Can" Day in Carson City.

**Applicable Statute, Code, Policy, Rule or Regulation:** N/A

**Fiscal Impact:** N/A

**Explanation of Impact:** N/A

**Funding Source:** N/A

**Alternatives:** 1. Deny the request

**Supporting Material:** Exhibit A, "We Can" Proclamation

Prepared By: R. Moellendorf Date: 10/9/07  
Roger Moellendorf, Parks & Recreation Director

Reviewed By: L. Ritter Date: 10/9/07  
Linda Ritter, City Manager

Melanie Burkett Date: 10/9/07  
District Attorney's Office

Ulrich Schumacher Date: 10,9,07  
Finance Department

**Board Action Taken:**

Motion: \_\_\_\_\_ 1: \_\_\_\_\_ Aye/Nay  
2: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
(Vote Recorded By)

# PROCLAMATION

## ***"We Can!" Day*** **October 29, 2007**

**WHEREAS**, Carson City, in collaboration with the Nevada State Health Division Bureau of Community Health and the Washoe Tribe of Nevada and California, has taken a leadership role offering health and wellness programs to youth, parents, and City employees; and

**WHEREAS**, the National Institute of Health proclaims the consolidated municipality of Carson City to be a We Can! City; and

**WHEREAS**, We Can! (Ways to Enhance Children's Activity and Nutrition) is a national education program developed by the National Institutes of Health, a component of the U.S. Department of Health and Human Services, to help prevent obesity and overweight in youth; and

**WHEREAS**, We Can! is a collaboration of the National Heart, Lung, and Blood Institute with three other NIH institutes: the National Institute of Diabetes and Digestive and Kidney Diseases, the National Institute of Child Health and Human Development, and the National Cancer Institute; and

**WHEREAS**, the consolidated municipality of Carson City will strengthen its efforts to create a healthier community through We Can! Resources, including evidence-based obesity prevention programs for parents and youth implemented in collaboration with community-based partners; and

**WHEREAS**, the We Can! program targets parents and care givers as the primary group for influencing youth and focuses on three important behaviors: improved food choices, increased physical activity, and reduced screen time; and

**WHEREAS**, Carson City has enhanced the lives of families in our community by focusing on encouraging people all ages to aim for a healthy weight, engage in regular physical activity, and reduce screen time,

**NOW, THEREFORE**, I, Marv Teixeira, Mayor of Carson City, Nevada, do hereby proclaim October 29, 2007 as ***We Can! Day***, and urge all citizens to actively promote this day. I hereby further recognize and commend Carson City for its outstanding effort in promoting a healthier hometown. "Together, We Can! Make a difference!"



Dated this 18<sup>th</sup> Day of October 2007

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Marv Teixeira, Mayor