



PRESS RELEASE

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City of Saratoga Awarded Medals Recognizing Achievements in Addressing Childhood Obesity Through “Let’s Move! Cities, Towns, and Counties”

Saratoga, CA. The National League of Cities (NLC) has recognized the Saratoga City Council for the recent completion of key health and wellness goals for *Let’s Move! Cities, Towns, and Counties* (LMCTC). LMCTC is a major component of First Lady Michelle Obama’s comprehensive *Let’s Move!* initiative, which is dedicated to solving the childhood obesity epidemic within a generation.

The City of Saratoga has recently received two medals for action taken to increase opportunities for physical activity and improve access to healthy, affordable food. These medals were awarded because of Saratoga’s achievements in posting information about nutrition and organizing three community-based activities promoting health and wellness, including the Saratoga Parks and Recreation Commission’s *Let’s Walk!* event and the Saratoga Youth Commission’s *Walk-One-Week* and *Walk-A-Thon*.

“As a citizen of Saratoga, I am proud to be involved in a national movement that emphasizes healthy eating and physical exercise,” Mayor Jill Hunter said. “From our eldest citizens to our youngest, we all need to get outside and get moving!”

Councilman Manny Cappello, who is on Saratoga’s *Let’s Move! Cities* Ad Hoc Committee, said that the City has made great strides in creating a healthier place to live but more can be done to get people out of their cars and walking or riding their bicycles.

“Physical activity not only promotes a healthier lifestyle but increases smiles, encourages interactions, and improves the quality of life for everyone,” Cappello said. “I envision a Saratoga where we shop where we live and parking spaces are replaced by bicycle racks.”

The City of Saratoga now has three medals (2 Gold, 1 Silver), and is ranked 37th nationally and 4th among California municipalities.

"I am so proud that Saratoga has been recognized by First Lady Michelle Obama as a City that has committed itself to combatting childhood obesity through a healthy

lifestyle,” said Vice Mayor Emily Lo, who is also on Saratoga’s *Let’s Move! Cities Ad Hoc* Committee. “The award is the result of the efforts by the City Council, Commissions and City staff to develop comprehensive, community-oriented programs that the public can participate in to promote an active lifestyle.”

All LMCTC sites have the opportunity to earn up to five gold medals, one for each actionable goal they commit to as part of the initiative. The five goal areas include:

- *Goal I - Start Early, Start Smart:* Promoting best practices for nutrition, physical activity, and screen time in early care and education settings
- *Goal II - My Plate, Your Place:* Prominently displaying MyPlate in all municipal or county venues where food is served
- *Goal III - Smart Servings for Students:* Increasing participation in school breakfast and lunch programs
- *Goal IV - Model Food Service:* Implementing healthy and sustainable food service guidelines that are aligned with the Dietary Guidelines for Americans
- *Goal V - Active Kids at Play:* Increasing opportunities for physical activity

The NLC is the lead collaborating partner on this initiative, working with the U.S. Department of Health and Human Services, the U.S. Department of Agriculture, the National Association of Counties, and other nonprofit organizations, in assisting local elected officials to implement policy and environmental changes to prevent childhood obesity.

More than 330 cities, towns and counties are participating in LMCTC. Each month, NLC recognizes local elected officials who achieve key benchmarks for the five LMCTC goals.

To view the City of Saratoga’s most recent developments, click on the link below:

<http://www.healthycommunitieshealthyfuture.org/places/#Saratoga%2CCA>

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