

Santa Barbara County of



RESOLUTION NO. 26-77

RESOLUTION PROCLAIMING APRIL 2026 HEALTHY PEOPLE HEALTHY TRAILS MONTH IN SANTA BARBARA COUNTY

WHEREAS, Santa Barbara County is home to a wealth of natural landscapes, including scenic trails, parks, and open spaces that provide opportunities for outdoor recreation and promote overall well-being; and

WHEREAS, spending time in nature has been shown to reduce stress, enhance mood, and foster social connections, contributing to a healthier and more engaged community; and

WHEREAS, the Healthy People Healthy Trails initiative supports active living by encouraging residents and visitors to explore local trails, parks, and open spaces as part of their regular wellness routine; and

WHEREAS, community partnerships among health organizations, local governments, and outdoor recreation groups play a crucial role in promoting accessible and inclusive outdoor activities for people of all ages and abilities; and

WHEREAS, the designation of April 2026 as Healthy People Healthy Trails Month highlights the County's commitment to fostering an active and health-conscious community while celebrating the natural beauty of Santa Barbara County.

NOW, THEREFORE, BE IT HEREBY ORDERED AND RESOLVED that the Board of Supervisors of Santa Barbara County hereby proclaims April 2026 as HEALTHY PEOPLE HEALTHY TRAILS MONTH in Santa Barbara County and encourages all residents to participate in outdoor activities that promote health and well-being.

PASSED AND ADOPTED, by the Board of Supervisors of the County of Santa Barbara, State of California, this 7th day of April, 2026 by a unanimous vote of all members present.



Mona Diaz
ATTEST: Clerk of the Board

[Signature]
Supervisor - 1st District

[Signature]
Supervisor - 2nd District

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Supervisor - 3rd District

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Supervisor - 4th District

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Supervisor - 5th District

