



COUNTY OF SANTA BARBARA CALIFORNIA

RESOLUTION PROCLAIMING

APRIL 2025

HEALTHY PEOPLE HEALTHY TRAILS MONTH
IN SANTA BARBARA COUNTY

WHEREAS, Santa Barbara County is home to 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 lower stress, enhance mood, and encourage 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 this year marks the 100th year anniversary of the founding of the County Health Department and the designation of April 2025 as Healthy People Healthy Trails Month highlights the County's commitment to fostering a well community while celebrating the natural beauty of Santa Barbara County.

NOW, THEREFORE, BE IT AND IS HEREBY ORDERED AND RESOLVED that this Board declares April 2025 as **HEALTHY PEOPLE HEALTHY TRAILS MONTH**.

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



ATTEST:

Maria Nolasco
Clerk of the Board

[Signature]

Supervisor - 1st District

[Signature]

Supervisor - 2nd District

[Signature]

Supervisor - 3rd District

[Signature]

Supervisor - 4th District

[Signature]

Supervisor - 5th District