

**RESOLUTION PROCLAIMING
APRIL 2023
HEALTHY PEOPLE HEALTHY TRAILS MONTH
IN SANTA BARBARA COUNTY**

WHEREAS, Santa Barbara County has an abundance of natural resources and freely accessible parks and open spaces that play a central role in our community's quality of life, health and economic wellbeing; and

WHEREAS, Healthy People Healthy Trails is a Countywide collaborative working with healthcare providers and land/recreation organizations to improve the public health and welfare of community members by aiding and increasing equitable access to nature and the enjoyment of trails, parks, and open space for all; and

WHEREAS, the month of April honors many national celebrations promoting an active lifestyle such as, National Park Week, ParkRx Day, National Play Outside Day, Everykid Healthy Week, National Public Health Week, Children and Nature Awareness Month, Move More Month, and Earth Day; and

WHEREAS, an obesity epidemic, among both adults and children, is pervasive in the United States and accounts for higher medical costs and stress on the nation's healthcare system; and

WHEREAS, the County of Santa Barbara Board of Supervisors initiated the Recreation Master Plan process to evaluate the countywide park system, define community priorities, and provide a roadmap for making strategic and equitable investments to meet the parks and recreation needs of residents and generate economic, social, and environmental benefits for the entire community; and

WHEREAS, Healthy People Healthy Trails month allows for further awareness, education, collaboration, and an increase of outdoor activities through promoting the exploration of amazing places, discovering stories of history and culture, and the growing movement of healthcare providers referring patients to venture outside to improve their health and wellbeing.

NOW, THEREFORE, BE IT AND IS HEREBY ORDERED AND RESOLVED that this Board of Supervisors declares April 2023 as HEALTHY PEOPLE HEALTHY TRAILS MONTH.

PASSED AND ADOPTED by the Board of Supervisors of Santa Barbara County, State of California, this fourth day of April 2023, by unanimous vote of all members present.