

1 **CITY OF SANTA FE, NEW MEXICO**

2 **RESOLUTION NO. 2018-20**

3 **INTRODUCED BY:**

4
5 Councilor Signe I. Lindell

6 Councilor Renee D. Villarreal

Councilor Peter N. Ives

7 Councilor Christopher M. Rivera

Councilor Roman Tiger Abeyta

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10 **A RESOLUTION**

11 **IN SUPPORT OF A COMMUNITY WALKING PROGRAM TO IMPROVE PUBLIC**
12 **HEALTH.**

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14 **WHEREAS**, walking has been shown to have many health benefits, including reducing
15 impact of heart disease, diabetes, different types of cancers, and high blood pressure, and providing
16 help with weight loss; and

17 **WHEREAS**, obesity is associated with an increased risk for many chronic diseases including
18 heart disease, stroke, diabetes, arthritis and some cancers; and

19 **WHEREAS**, based on data from the 2017-2019 Community Health Needs Assessment, 54%
20 of surveyed Santa Fe County adults were obese or overweight and 48% of middle schoolers said they
21 were trying to lose weight with almost 30% self-described as overweight; and

22 **WHEREAS**, according to the Center for Disease Control and Prevention, in the United
23 States the percentage of children and adolescents affected by obesity has more than tripled since the
24 1970's; and

25 **WHEREAS**, data from 2015-2016 show that nearly 1 in 5 school-age children and young

1 people (6-9 years old) in the United States are obese; and

2 **WHEREAS**, heart disease is the leading cause of adult mortality throughout NM and Santa
3 Fe County and diabetes ranks sixth as a leading cause of death in NM; and

4 **WHEREAS**, being outdoors in nature has been tied to a range of beneficial health outcomes
5 related to physical, mental, and emotional health, and that access to nature may constitute a powerful,
6 inexpensive public health intervention; and

7 **WHEREAS**, the City of Santa Fe has more than 50 miles of dirt trails and 30 miles of ADA-
8 accessible, paved trails around almost every City park and along the Santa Fe River, rail line, Acequia
9 Madre, and Arroyo de las Chamisas, providing Santa Feans with safe and accessible walking routes to
10 improve their health in a natural environment; and

11 **WHEREAS**, the Santa Fe Walking Collaborative is composed of members of the Santa Fe
12 Conservation Trust, the City of Santa Fe Public Works, the City of Santa Fe Parks Departments, the
13 City of Santa Fe Human Resources Department, the Railyard Park Conservancy, the New Mexico
14 Department of Health, the Santa Fe Indian Hospital, Southwest Care Center, National Park Service,
15 New Mexico School for the Deaf, La Familia Medical Center, Christus St. Vincent, and Presbyterian
16 Health Services-is working toward creating a City-wide walking program called VÁMONOS-SANTA
17 FE WALKS, targeting the uninsured, the underserved and those with chronic conditions that can be
18 improved with exercise.

19 **NOW THEREFORE, BE IT RESOLVED BY THE GOVERNING BODY OF THE**
20 **CITY OF SANTA FE**, that the Governing Body endorses the work of the Santa Fe Walking
21 Collaborative to implement a City-wide program entitled VÁMONOS-SANTA FE WALKS starting
22 in May 2018, to encourage the citizens of Santa Fe to walk more as a means of improving public
23 health.

24 **BE IT FURTHER RESOLVED** that staff from the Santa Fe Parks and the City Wellness
25 Department assist in the coordination of the project to include marketing the program, posting events

1 and information in the City calendar and on the City website, and continuing to update and distribute
2 the already existing Prescription Trails maps.

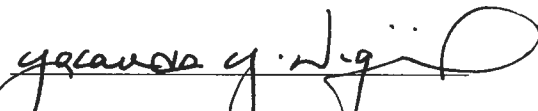
3 **BE IT FURTHER RESOLVED** that the Parks and Recreation Department shall include
4 walking elements and activities in the City of Santa Fe's summer recreation program to encourage an
5 active lifestyle and promote wellbeing amongst our children and youth participants.

6 PASSED, APPROVED AND ADOPTED this 28th day of March, 2018.


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10 ALAN M. WEBBER, MAYOR

11 ATTEST:

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14 YOLANDA Y. VIGIL, CITY CLERK

15 APPROVED AS TO FORM:

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18 KELLEY A. BRENNAN, CITY ATTORNEY