

COUNTY OF CHATHAM

PUBLIC HEALTH DEPARTMENT

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PROCLAMATION ACTIVE CHATHAM MONTH MAY 2004

WHEREAS, Chatham County Commissioners are dedicated to providing an environment that provides optimal quality of life among Chatham County residents. There is a general consensus among health care providers that certain behaviors, such as physical activity, are associated with the prevention of chronic diseases such as heart disease, some types of cancer, high blood pressure, diabetes, stroke, osteoporosis, arthritis, and other health conditions.

WHEREAS, many Chatham County residents have become more concerned about the health risks associated with lack of physical activity. The following statistics indicate that a lack of physical activity contributes to these health risks.

- 22.8% of children ages two-four are overweight in Chatham County (NC-NPASS, 2002);
- One in three children of those surveyed at Horton Middle School were reported overweight in 2000.
- Heart disease rates in Chatham County attribute to one out of three deaths (NCSCSHS, 2002)-most of these among minorities.
- About 2,685 adults have been diagnosed in Chatham County with diabetes—true prevalence may be as much as 50% higher due to unreported cases of Type II diabetes (BRFSS, 2000).
- In the Piedmont Region, 34.7% of adults reported that they did not participate in any physical activity in the past month (BRFSS, 2002).

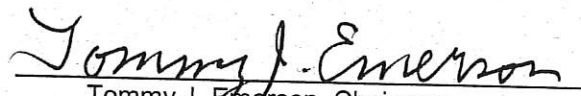
WHEREAS, in light of this concern, Chatham County Commissioners believe that through promoting and encouraging Chatham County residents to become physically active, they will support efforts to prevent disease and obtain optimum health.

WHEREAS, the Chatham County Commissioners encourage and support Chatham County residents to become more physically active.


WHEREAS, during May 2004, Chatham County residents will be provided with opportunities to become more physically active and participate in activities sponsored by Active Chatham.

NOW, THEREFORE, BE IT PROCLAIMED by the Board of Commissioners of the County of Chatham, North Carolina that May 2004 is Active Chatham Month in Chatham County and urges all residents to participate in activities sponsored by Active Chatham.

Adopted this, third day of May 2004.


Tommy J. Emerson, Chairman

ATTEST:


Sandra B. Sublett, CMC, Clerk to the Board
Chatham County Board of Commissioners

Dorothy Cilenti, MSW, MPH
HEALTH DIRECTOR