

# City of Philadelphia



Council of the City of Philadelphia  
Office of the Chief Clerk  
Room 402, City Hall  
Philadelphia

(Resolution No. 250295)

## RESOLUTION

Recognizing the Active People, Healthy Nation initiative, a national effort led by the Centers for Disease Control and Prevention (CDC) and the American Heart Association and reaffirming the City of Philadelphia's commitment to championing policies, programs, and investments that promote physical activity, improve public health, especially for children, and ensure equitable access to recreation for all residents.

WHEREAS, Physical activity is essential for overall health and well-being, reducing the risk of chronic diseases such as heart disease, stroke, diabetes, and obesity, and supporting mental and emotional wellness; and

WHEREAS, More than 1 in 5 children and 2 in 5 adults in the United States are affected by obesity, and over 2 in 5 school-aged children and adolescents have at least one chronic health condition, many of which can be mitigated through increased physical activity and active lifestyles; and

WHEREAS, Children today spend significantly more time indoors and in front of screens than previous generations, contributing to rising rates of obesity, anxiety, and other health concerns. Expanding opportunities for safe outdoor play, organized sports, and recreational activities is critical to reversing these trends and fostering lifelong healthy habits; and

WHEREAS, The Physical Activity Guidelines for Americans recommend that children, ages 6-17, engage in at least 60 minutes of moderate-to-vigorous intensity physical activity daily, including activities that strengthen muscles and bones at least three times a week; and

WHEREAS, The Active People, Healthy Nation initiative, led by the CDC aims to help 27 million Americans become more physically active by 2027 by engaging decision-makers, educators and community leaders to adopt strategies that encourage physical activity, particularly for children and families; and

# City of Philadelphia

*RESOLUTION NO. 250295 continued*

WHEREAS, Philadelphia is home to a vast network of over 150 recreation centers, 300 parks, and 166 miles of trails, providing countless opportunities for children to engage in structured and unstructured play, youth sports, and outdoor exploration; and

WHEREAS, The City of Philadelphia has invested in key programs such as Rebuild Philadelphia, Playstreets, Safe Routes to School, and expanded summer youth recreation programs to ensure that children, regardless of income level or neighborhood have safe places to play, run, and stay active; and

WHEREAS, Increasing physical activity among children has far-reaching benefits beyond physical health, including improved academic performance, social development, reduced stress, and lower risks of chronic disease later in life; and

WHEREAS, The City of Philadelphia recognizes that achieving the goals of Active People, Healthy Nation<sup>SM</sup> requires ongoing collaboration with schools, recreation leaders, healthcare professionals, and policymakers to remove barriers to youth sports participation, safe play spaces, and active transportation; now, therefore, be it

RESOLVED, THAT THE COUNCIL OF THE CITY OF PHILADELPHIA, Formally recognizes and supports the Active People, Healthy Nation initiative and reaffirms its commitment to championing policies, programs, and investments that promote physical activity for all Philadelphians—especially children—by improving access to green spaces, recreation centers, and active transportation options.

# City of Philadelphia

*RESOLUTION NO. 250295 continued*

# City of Philadelphia

*RESOLUTION NO. 250295 continued*

CERTIFICATION: This is a true and correct copy of the original Resolution, Adopted by the Council of the City of Philadelphia on the third day of April, 2025.

Kenyatta Johnson  
PRESIDENT OF THE COUNCIL

Elizabeth McCollum  
CHIEF CLERK OF THE COUNCIL

Introduced by: Councilmember Phillips

Sponsored by: Councilmembers Phillips, Gilmore Richardson, Gauthier, Thomas, Landau, Lozada, Brooks, Harrity, O'Rourke, Driscoll, Squilla and Ahmad