



Municipality of Anchorage

For Immediate Release:

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***Anchorage, Alaska Awarded Medals in Four of the Five Goals Recognizing
Achievements in Addressing
Childhood Obesity through Let's Move! Cities, Towns and Counties***

Anchorage, Alaska (June 17, 2015) – On February 25, 2014, the Anchorage Assembly and the Mayor endorsed First Lady Michele Obama's Let's Move! Cities, Town and Counties (LMCTC) Initiative and celebrated joining the National League of Cities Partnership dedicated to solving the challenge of childhood obesity. LMCTC calls upon local elected officials to adopt sustainable and holistic policies that improve their communities' access to healthy affordable food and opportunities for physical activities. Bronze, Silver and Gold Medals are awarded within five goals once achieved.

Anchorage received all three awards in four of the five goals! Because of the efforts and commitment of the LMCTC Task Force which meets monthly, within 16 months Anchorage has received Bronze, Silver and Gold Medals in four of the five Goals.

- **Goal I** – Agencies committed to help early care and education providers incorporate best practices for nutrition, physical activity and screen time into its programs.
- **Goal II** – Local elected officials committed to prominently display the MyPlate healthy food guide in all municipally owned or operated venues where food is served. The Anchorage Assembly approved an ordinance to codify this commitment.
- **Goal III** – Anchorage School District committed to participate in the School Breakfast Program and National School Lunch Program.
- **Goal V** – Parks and Recreation mapped local play spaces, completed a needs assessment, developed an action plan, and launched a minimum of three proven policies, programs or initiatives aimed at increasing access to play.

The Task Force will continue its efforts to achieve all three medals within Goal IV improving access to healthy, affordable foods by encouraging our local elected officials to implement healthy and sustainable food service guidelines that are aligned with the Dietary Guidelines for Americans in all municipally owned and operated venues that serve food.

“Anchorage efforts complement over 400 Cities where local elected officials have accepted First Lady Michelle Obama's call to adopt sustainable, long-term and holistic

approaches to addressing childhood obesity through the pursuit of five goals. Anchorage is the first City to have an ordinance that requires the MyPlate healthy food guide (www.choosemyplate.gov) be displayed in all municipal owned or operated facilities,” said Assembly Member Elvi Gray-Jackson. “I am excited to continue to have the participation of community health care providers, Anchorage Economic Development Corporation, Anchorage School District, Municipal Health and Parks and Recreation Departments, thread, Alaska Department of Health and Social Services, University of Alaska Anchorage, United Way of Anchorage and several others who are all working together to make our community the healthiest in the nation.”

NLC is working in partnership with the U.S. Department of Health and Human Services, and with the support of the U.S. Department of Agriculture, the National Association of Counties and other nonprofit organizations to assist local elected officials who join LMCTC as they implement policy and environmental changes to prevent childhood obesity. This effort is reflective of the involvement and direction of the United States Center for Disease Control and Prevention which has been foremost in the promotion of healthy lifestyles and obesity prevention. The Robert Wood Johnson Foundation has awarded NLC a grant to provide technical assistance to local elected officials working to create healthier communities and prevent childhood obesity, including those participating in LMCTC.

The next LMCTC meeting will be held on July 27th from 12:00 – 1:00 in City Hall – Assembly Conference Room #155.

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