

ANCHORAGE  
ASSEMBLY



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**FOR IMMEDIATE RELEASE**  
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## **Anchorage, Alaska Becomes a “Let’s Move!” City**

**ANCHORAGE, ALASKA (February 24, 2014)** – “Let’s Move! Cities, Towns and Counties” (LMCTC), an initiative launched by First Lady Michelle Obama, is dedicated to solving the challenge of childhood obesity within a generation. Communities that sign up for “**Let’s Move!**” commit to five achievable, measurable goals that promote sustainable strategies to improve the health of residents.

The Anchorage School District and United Way of Anchorage currently participate in similar programs and the State of Alaska Department of Health and Social Services and Providence Health & Services Alaska have partnered with Healthy Futures, a statewide grassroots initiative established in 2003 by two parents to address the growing obesity epidemic in Alaska. In an effort to take current commitments to the national level, the Anchorage Municipal Assembly endorses the *Let’s Move!* Initiative, and celebrates joining the growing number of over 400 cities, towns and counties across the country that participate with the National League of Cities in the LMCTC partnership to advance *Let’s Move!* The five goals established for the LMCTC are:

- **I. Start Early Start Smart**—This goal aims at empowering early care and education providers to make positive changes for children’s health with good nutrition, limited screen time, and regular physical activity;
- **II. MyPlate, Your Place**—This goal promotes the new USDA icon replacing the food pyramid—MyPlate—to empower families and individuals to make healthy nutritious choices;
- **III. Smart Servings for Students**—This goal focuses on the important role municipal leaders have in championing access to federally-assisted USDA programs to provide balanced, low-cost or free meals in schools;
- **IV. Model Food Service**—This goal is aimed at encouraging health and sustainability guidelines, improving the quality of food consumed, and creating greater market demand for healthier foods; and
- **V. Active Kids at Play**—This goal promotes safe, convenient places to play; physical activity to improve the health of residents, including reduction in childhood obesity.

Mayor Dan Sullivan, Assembly Members Elvi Gray-Jackson and Dick Traini, liaisons for the Municipality's membership in the National League of Cities, along with Senator Bill Wielechowski and Representative Geran Tarr are committed to current programs and Anchorage becoming a Let's Move city. *"Being healthy and active is imperative for people of all ages. I've enjoyed sports throughout my entire life and have built many great friendships through athletic affiliations and exercise. I am thrilled to be a part of the effort to list Anchorage as a LMCTC city,"* said Mayor Sullivan.

The first meeting will be held at 11:00 a.m. on February 26<sup>th</sup> in the Public Conference Room of Lousaac Library, with special guest Molly Reece, MPH, ORISE Fellow, United States Department of Health and Human Services, Region X and Dr. Patrick O'Carroll, Regional Health Administrator and Assistant Surgeon General. They will begin the meeting with an overview of the *Let's Move!* Initiative. We will then spend some time developing the next steps.

For more information about the Healthy Futures Program, visit <http://www.healthyfuturesak.org>

This event follows a Healthy Futures Challenge kickoff assembly at O'Malley Elementary School in Anchorage.

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