



OFFICE OF  
MAYOR KEVIN JOHNSON

CITY OF SACRAMENTO  
CALIFORNIA

915 I STREET, 5<sup>TH</sup> FLOOR  
SACRAMENTO, CA 95814

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Contact: Joaquin McPeck  
Phone: 916-808-5440

**Mayor Johnson joins US Health and Human Services Secretary Kathleen Sebelius to Mark One-Year Anniversary of “Let’s Move!” Campaign**

*Mayor Announces goal to make Sacramento a “Let’s Move!” City, Launches Running Team*

SACRAMENTO – Today Mayor Johnson joined U.S. Secretary of Health and Human Services Kathleen Sebelius, Sacramento City Unified School District, the California Endowment, the Sacramento Kings, and students and faculty at Will C. Wood Elementary to celebrate the one-year anniversary of *Let’s Move!*, a health initiative launched by First Lady Michelle Obama in February 2010.

*Let’s Move!* has an ambitious goal of solving the national challenge of childhood obesity within a generation so that children born today will reach adulthood at a healthy weight.

“As a country, we have ignored the issue of childhood obesity for too long, but now we are doing something about it. We’ve built momentum over the last year and we’re ready to continue this good work in the year ahead. The First Lady has challenged us to keep moving and I know everyone here accepts that challenge,” said Secretary Sebelius.

At Will C. Wood Elementary, Mayor Johnson honored the anniversary by proclaiming today “*Let’s Move! Day*” in Sacramento and dedicated efforts to making it a “*Let’s Move!*” city.

“As leaders, we must collectively come together to help fight obesity. By making Sacramento a “Let’s Move!” city, we can help every community make healthier choices and live a more active lifestyle,” said Mayor Johnson.

“I challenge every Sacramentan to take charge of their health and make the right decisions from an early age. It is up to all of us to start a discussion with kids about nutrition and the role food plays in living a healthy life.”

*Let’s Move Cities and Towns* is designed to encourage mayors and elected officials to adopt a long-term, sustainable and holistic approach to fighting childhood obesity.

During this process, the Mayor will choose at least one significant action to take during a 12-month period in each of the four pillar areas: reducing the risk of obesity in early childhood; making healthy food affordable and accessible; providing healthy food in schools; and increasing physical activity.

Sacramento is already well on its way to making progress in these areas.

- Mayor Johnson announced the launch of his running team, “Team KJ.” The team will run one race a month every month in 2011. The team is open to anyone who is dedicated to running or walking. The next race scheduled is the 8<sup>th</sup> Annual Race for Justice Valentine Run this Saturday in Carmichael.
- In addition, through the Mayor’s ‘Greenwise’ initiative, the Mayor has already dedicated efforts to creating healthier food choices in Sacramento. As part of the ‘Greenwise’ Regional Action Plan, he has set a goal for citizens in the region to purchase 20% of what they consume from local farms and ranches in the Sacramento Valley. The plan also promotes the expansion of community gardens and farmer’s markets, particularly in lower-income communities who traditionally lack access to quality food options.
- Last October, Mayor Johnson joined renowned physician Dr. Mehmet Oz to launch HealthCorps in Sacramento. HealthCorps engages recent college graduates who defer entry into medical school or graduate health programs to participate in public service through two-year, full-time assignments at designated public high schools. The partnership between HealthCorps and the California Walnut Board in Sacramento will positively impact approximately 3,000 students and numerous school staff, family and community members by providing for a HealthCorps Coordinator in both Luther Burbank Senior High School and Sacramento Charter High School.
- Finally, the Mayor and other speakers highlighted the “Get Fit with the Kings” program. Sponsored by the Sacramento Kings, California Endowment, and Sacramento City Unified School District, the program will encourage students to maintain a healthy and active lifestyle and stay in school as a step to becoming engaged, healthy adults. The “Get Fit with the Kings” program will initially target three schools in South Sacramento – Earl Warren Elementary School, Will C. Wood Middle School and Hiram Johnson High School.

*For more information about “Team KJ” please contact Lauren Altdoerffer: [laltdoerffer@gmail.com](mailto:laltdoerffer@gmail.com)*

*For more information about the “Let’s Move!” Initiative: <http://www.letsmove.gov/>*

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