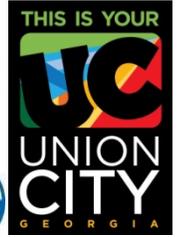


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Union City Awarded Medals Recognizing Achievements in Addressing Childhood Obesity through Let's Move! Cities, Towns and Counties

Union City, GA – The National League of Cities (NLC) has recognized Councilman Vince Williams for recent completion of key health and wellness goals for Let's Move! Cities, Towns and Counties (LMCTC). LMCTC is a major component of First Lady Michelle Obama's comprehensive Let's Move! initiative, which is dedicated to solving the childhood obesity epidemic within a generation.

"We applaud local elected officials in Union City stepping up to the challenge of Let's Move! Cities, Towns and Counties and making measurable progress in their efforts to improve children's health," said NLC President Ted Ellis, mayor of Bluffton, IN.

Seven medals were awarded to Union City for action taken to improve access to healthy affordable food and increase opportunities for physical activity. These medals were awarded because of the community's:

- achievements in mapping all play spaces
- collaboration with early care and educational programs
- reporting of important statistics regarding school breakfast and lunch programs
- development of a needs assessment and execution of an action plan for play spaces in the community.

"I want to commend our Union City Team and community partners for their dedication to making this a reality and supporting our unwavering commitment to eradicating childhood obesity, said Councilman Williams. As a participant in this important movement, we will continue to lead and enhance the work of LMCTC. We've only just begun!"

All LMCTC sites have the opportunity to earn up to five gold medals, one for each actionable goal they commit to as part of the initiative. The five goal areas are:

- *Goal 1: Start Early, Start Smart:* Promoting best practices for nutrition, physical activity, and screen time in early care and education settings

- *Goal 2: My Plate, Your Place:* Prominently displaying MyPlate in all municipal or county venues where food is served
- *Goal 3: Smart Servings for Students:* Increasing participation in school breakfast and lunch programs
- *Goal 4: Model Food Service:* Implementing healthy and sustainable food service guidelines that are aligned with the *Dietary Guidelines for Americans*
- *Goal 5: Active Kids at Play:* Increasing opportunities for physical activity

The National League of Cities (NLC) is the lead collaborating partner on this initiative, working with the U.S. Department of Health and Human Services, the U.S. Department of Agriculture, the National Association of Counties, and other nonprofit organizations, in assisting local elected officials to implement policy and environmental changes to prevent childhood obesity. 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 sites participating in LMCTC.

More than 160 cities, towns and counties are participating in LMCTC. NLC awarded 541 medals to local elected officials across the country, recognizing these leaders for their progress in adopting long-term, sustainable, and holistic policies that improve communities' access to healthy affordable food and opportunities for physical activity.

For more information about LMCTC and Union City's accomplishments, visit www.healthycommunitieshealthyfuture.org or unioncityga.org.

The National League of Cities (NLC) is dedicated to helping city leaders build better communities. Working in partnership with the 49 state municipal leagues, NLC serves as a resource to and an advocate for the more than 19,000 cities, villages and towns it represents.

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