

Proclamation

MOVE WITH THE MAYOR® SPRING MENTAL HEALTH AND PHYSICAL ACTIVITY CHALLENGE

Supporting Efforts to Address Loneliness and Isolation Through Social Connection

WHEREAS, loneliness and social isolation are significant health concerns in the United States; and

WHEREAS, current research has found that one-third of American adults report feeling consistently lonely or isolated, with even higher rates among certain populations such as older adults, young adults, the LGBTQ+ community, veterans, and pregnant and postpartum women; and

WHEREAS, these feelings of loneliness and isolation can increase the risk of chronic diseases, mental health disorders, and mortality; and

WHEREAS, over the past few decades, social and technological changes, such as the rise of social media and increased work demands have impacted our ability to form meaningful connections with others; and

WHEREAS, the National Forum for Heart Disease and Stroke Prevention recognizes the critical impact of loneliness and social isolation on the health and well-being of our communities; and

WHEREAS, the Move with the Mayor® Spring Mental Health and Physical Activity Challenge is a powerful initiative to promote physical activity while fostering social connections among our residents, directly addressing the need for stronger social bonds and improved health outcomes; and

WHEREAS, the Town of Carrboro promotes events for both the physical and mental health of community members, and Mayor Barabara Foushee will be directly supporting the following upcoming events:

- Participating in Bike Month events including Bike and Roll to School Day on May 7.
- Challenging Town employees to have walking meetings and increase daily activities.
- Encouraging children to walk or ride their bikes to school through Safe Routes to School.
- Providing motivation for all residents to take care of their mental health, including an opportunity to learn about sound therapy which helps with self care at an event on Saturday, May 17 from 11 a.m. to noon at the Carrboro Century Center.

NOW, THEREFORE, BE IT PROCLAIMED that the Town of Carrboro officially supports efforts to address loneliness and isolation through social connection; and

BE IT FURTHER PROCLAIMED that the Town of Carrboro Town Council encourages all residents to actively participate in the Move with the Mayor® Spring Challenge, promoting physical activity and forging meaningful social connections to strengthen our collective health and resilience.

This is the 6th day of May 2025.


Barbara M. Foushee

