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Mayor Bracey joins First Lady Michelle Obama to Celebrate the city of York’s Achievements in Let’s Move! Cities, Towns and Counties

York, PA – Today, First Lady Michelle Obama hosted Mayor C. Kim Bracey at the White House, celebrating the outstanding efforts of the city of York and other communities to complete health and wellness goals over the past year for Let’s Move! Cities, Towns and Counties (LMCTC). LMCTC calls upon local elected officials to adopt sustainable and holistic strategies that improve access to healthy, affordable food and opportunities for physical activity.

Since joining LMCTC, the City of York’s Let’s Move! efforts include the City of York becoming the first in York County to adopt a Complete Streets Policy, by implementing sustainable changes to the built environment to increase physical activity. York’s healthy communities initiative, titled Eat Play Breathe York, funded by a CDC ACHIEVE grant and the city of York’s Let’s Move York City initiative was awarded the Weight Watchers and United States Conference of Mayors Healthy Communities grant.

The city of York has received the following Let’s Move! Cities, Towns, and Counties medals: Goal I (Bronze), Goal III (Bronze), and Goal V (Gold) Locally, the following stakeholders have contributed to the progress that the City of York has made: York City Bureau of Health, YMCA York, YWCA York, Eat Play Breathe York, United Way of York County, Bring On Play (BOP), Urban 4-H Garden, Hope Street Garden and Learning Lab, Food Availability Task Force, and The School District of the City of York.

“It is an exciting and humbling experience for the city of York to receive national recognition by First Lady Michelle Obama for all of the efforts that have been made in our community to keep our community living, working, and playing healthier,” stated Mayor Bracey.

“The League of Cities appreciates the support and energy of the First Lady for her tireless efforts to reduce the obesity epidemic facing our communities,” said National League of Cities’ Executive Director, Clarence Anthony. He continued, “We congratulate all the local elected officials who participated in the event and are playing an instrumental role in providing our nation’s children with a healthier future. When children grow up in cities, towns and counties that promote healthy development, they become productive and healthy adults, contributing to the prosperity of our communities.”
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. A total of 330 cities, towns and counties from 46 states and the District of Columbia, which collectively represent more than 56 million Americans, have committed to the initiative’s five goals. NLC has awarded more than 1,000 bronze, silver and gold “medals” to recognize local elected officials who have made progress in achieving these goals.

As part of LMCTC, local elected officials are working towards the following goals:

- **Goal I: Start Early, Start Smart:** Promoting best practices for nutrition, physical activity, and screen time in early care and education settings
- **Goal II: My Plate, Your Place:** Prominently displaying MyPlate in all municipal or county venues where food is served
- **Goal III: Smart Servings for Students:** Increasing participation in school breakfast and lunch programs
- **Goal IV: Model Food Service:** Implementing healthy and sustainable food service guidelines that are aligned with the Dietary Guidelines for Americans
- **Goal V: Active Kids at Play:** Increasing opportunities for physical activity

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. 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.

For more information about LMCTC and the City of York’s accomplishments, visit [www.HealthyCommunitiesHealthyFuture.org](http://www.HealthyCommunitiesHealthyFuture.org).

The National League of Cities is dedicated to helping city leaders build better communities. NLC is a resource and advocate for 19,000 cities, towns and villages, representing more than 218 million Americans.