

## Spring Mental Health and Physical Activity Challenge

### Proclamation

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#### Proclamation 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.

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

BE IT FURTHER PROCLAIMED I, Mayor Katrina Thompson encourage 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 proclamation is hereby adopted and proclaimed on this 21st of **April**, 2025.

IN WITNESS WHEREOF, I have hereunto set my hand and caused the Seal of the State (to be affixed),  
DONE in **Broadview, Illinois**, this 21<sup>st</sup> day of April 2025.



Katrina R. Thompson, Mayor