## PNAM participated in the CDC Active People Healthy Nation Initiative at Shaw Park

The Phil. Nurses Association of Michigan (PNAM) is one of the partner organizations to participate in the Centers for Disease Control and Prevention's (CDC) initiative Active People Health Nation. On June 4, 2022, Active People Health Warren 5K run/2K walk was sponsored by the Eastern Michigan University Center for Health Disparities Innovations and Studies (CHDIS) in partnership with the National Federation of Filipino-American Associations of MI (NaFFAA-MI) at Shaw Park 5K in Warren, MI. This is the first of this event to engage Warren community in physical activity. Mayor James Fout's office gave an official Proclamation recognizing APHN. Senator Paul Wojno also presented EMU CHDIS and NaFFAA a Special Tribute to the Active People Healthy Warren event signed by seven MI government officials, including Lt. Gov. Garlin Gilchrist and Governor Gretchen Whitmer. The successful 1<sup>st</sup> event at Shaw Park was attended by over 80 runners and walkers, and volunteers. PNAM's newly-elected President, Ms. Concepcion Sumalde, was one of Planning Committee members of the event. Special thanks go to Dr. Tsu-Yin Wu, Director of the EMU CHDIS, Dr. Xining Yang, Physical Activity Domain Director of the CDC REACH project, Maria Amy Risvold, Chair of NaFFAA, Jessic Donnelly, Physical Activity Coordinator and Implementation Coordinator of EMU CHDIS, Ellen Laboga, person in-charge of the 5K/2K event for NaFFAA, and Dr. Meriam Caboral-Stevens, Communication Lead EMU CHDIS REACH project and PNAM's Executive Board member. Other community partners were the Thai Asian American of MI, FILAMCCO, PACCM, Chaldean Community Foundation, APIAVote, and ACCLAIM.



organization (FILAMCCO, FILAMCCO Foundation, PACCM, UST nurses, etc.), PNAA

	City of Warren
	Mayoral Proclamation
Honori	ng NaFFAA-MI 5K and 2K Walk Day
Whereas,	Approximately 1 in 5 children and 2 in 5 adults in the U.S. have obesity; and
Wilereas,	i in 2 adults five with a chronic disease and about half of this group have two or wore chronic diseases, and
Whereas,	about 1 in 4 young adults, approximately 25% is too heavy to serve in our military; and
Whereas,	um the Hysical Activity Guidelines for Americans recommend that children (ages 6-17 years) do 60 memotes or more of moderate to regoress intensity physical oscioity each day and dulks gas 12 years and older fo at tests 130 minutes a week of moderate interarity activity such as striky subligg and
Whereas,	ouly half of adults and one quarter of youth get the recommended amounts of aerobic physical activity they need to help reduce and prevent chronic diseases; and
Whereas,	physical activity is vital for healthy aging and can reduce the burden of chronic diseases and prevent early death; and
Whereas,	individual provint any annual part of the area diseases often experience problems such as diagnosts delay, difficulty fructing a medical expert, and lack of access to treatments or auxiliary services, and
Whereas,	physically active people generally live longer and an at less risk for serious health problems like least disease, type 2 disloters, oberity, and rome concers, and for people write chronic disease, physical activity can help usunge these conditions and complications; and
Whereas,	physical activity can benefit the workforce because physically active people tend to take fewer sick days; and
Whereas,	individual effort alone is insufficient to improve opportunities for people to be plipskally active and significant policy, systems and environmental changes are medied to support and protect individual efforts to make healthier choices; and
Whereas,	reducing barriers in access to safe and equitable public spaces for people of color to be physically active is important to addressing existing bealth disparities;
hehalf of the peo Nation and proc	Mayor James R. Fouts
	City of Warren, Michigan

Send to: All PNAM EB and members, all Filipino