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Contact: Shireese M. Bell at 803-760-9125 or smbell@columbiasc.net

Columbia Recognized for Achievements in Preventing Childhood Obesity through Let’s Move! Cities, Towns and Counties

Columbia, SC – The National League of Cities (NLC) recognized the City of Columbia for achieving gold medals in all five Let’s Move! Cities, Towns and Counties (LMCTC) goal areas, which are based on achievements made to improve access to healthy, affordable food and promote physical activity for children and adults. This is the highest distinction a community can receive from the LMCTC initiative. The City of Columbia was recognized at NLC’s annual conference in Austin, Texas Thursday, November 20, 2014.

The National League of Cities also recognized Councilwoman Tameika Isaac Devine for her “tenacious dedication to Let’s Move! Columbia and countless hours spent improving the health of residents in Columbia.”

Devine was recognized in the “Most Dedicated Local Elected Official Award” category.

“We applaud the City of Columbia for being at the forefront of a growing national movement to improve the health of children and families,” said NLC President Chris Coleman, Mayor of Saint Paul, Minn. “States and cities across the country have recently reported declines in childhood obesity rates. We are hopeful that these types of dedicated efforts will spread and allow us to make continued progress in reversing America’s epidemic of childhood obesity.”

This year, the City of Columbia joins an elite group of 23 cities and counties that have earned five gold medals as a result of their leadership and dedication to ending childhood obesity and improving the health of their residents. In addition, six city leaders and two cities were honored for their overall efforts to prevent childhood obesity and improve the health of their residents.

LMCTC is a major component of First Lady Michelle Obama’s comprehensive Let’s Move! initiative to ensure that kids can grow up healthy. LMCTC works closely with local elected officials nationwide to adopt policies that improve access to healthy affordable food and opportunities for physical activity for their constituents across five goal areas.

All LMCTC sites have the opportunity to earn up to five gold medals, one for each actionable goal to which they commit as part of the initiative. Medals are awarded to local elected officials based on their achievements in areas such as promoting healthy habits in early child care
settings; increasing participation in meal programs before, during and after the school day and/or over the summer months; and increasing opportunities for physical activity. Since July 2012, NLC has awarded 2,056 bronze, silver, and gold medals to local elected officials across the country to recognize their LMCTC progress.

“We’re beginning to turn the tide on childhood obesity in America’s communities, and we can’t stop now, especially when it comes to our work at the local level,” First Lady Michelle Obama said. “City and county officials have provided essential leadership for these efforts, and their innovative approaches and effective solutions can help ensure that all our children have a healthy start in life.”

For more information about the cities, counties and individuals recognized, visit www.citiespeak.org/2014/11/20/lets-move-achievements.

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 in implementing 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 those participating in LMCTC.

For more information about LMCTC and Columbia’s accomplishments, visit www.HealthyCommunitiesHealthyFuture.org.

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