

COUNTY OF



ALLEGHENY

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FOR IMMEDIATE RELEASE

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Etna Celebrates Status as a *Live Well Allegheny* Community

PITTSBURGH – Allegheny County Health Department Director Dr. Karen Hacker and Council Member Ed Kress today joined elected and appointed officials, as well as residents of Etna Borough, at the Borough's Community Day to formally designate the borough as a *Live Well Allegheny* community.

"Etna Borough has been working hard to make the best life possible for its residents, and by joining the *Live Well Allegheny* community they are just furthering that commitment," said County Executive Rich Fitzgerald. "Etna is a neighborhood full of life and I am certain that its residents will take full-advantage of all *Live Well* programs and opportunities that are presented."

Live Well Allegheny was launched in January 2014 as a comprehensive, innovative strategy on wellness that embraces a broad concept of living well to include physical health, mental wellness, personal and community safety, prevention and preparedness, and much more. The effort is being led by the Board of Health and Health Department Director Dr. Karen Hacker.

"As someone with family ties to the borough, I applaud the efforts of the Borough Council and of Mayor Rengers on taking this important step to create a healthy environment for the residents of Etna," said Council Member Kress. "Living well requires a behavioral change and through planned programming, events, and the coordinated efforts of *Live Well Allegheny*, the residents of Etna will have every opportunity to lead healthy lifestyles. I am proud to support all efforts to promote the health and welfare of Etna and of Allegheny County as a whole."

The *Live Well* launch happened today at the Etna Pool and Playground during the Borough's annual Community Day celebration. Residents were able to learn about the *Live Well* program and take part in the planned activities and celebration.

"I am so proud of the way our local communities have taken to the *Live Well Allegheny* initiative," said Dr. Karen Hacker. "Etna Borough offers a variety of ways for its residents to live a healthy, active lifestyle, from joining a sports league, swimming at the pool, or shopping at a farmer's market. I am also excited to see that promoting smoke free parks, buildings and perimeters is a goal established in their resolution, as secondhand smoke can lead to serious health conditions including asthma, bronchitis, and pneumonia."

Etna Borough has committed to promoting participation in a voluntary wellness campaign for employees, developing outdoor wellness trails accessible to residents of all abilities, developing walking maps, encouraging multi-modal transportation, and promoting and supporting farmer's markets, among other goals. The Borough will also utilize its website and social media pages to provide information about physical activity, nutrition, stress management, and tobacco cessation.

"Etna will do all it can to further the goals of the *Live Well Allegheny* initiative in our community. Our residents are the life blood of our community and are precious to us," said Etna Borough Council President Pete Ramage. "We want to make every effort to ensure their safety and health and keep Etna a great place to live and work. We are grateful for this opportunity and partnership with the County."

For more information on the *Live Well Allegheny* campaign, including how to become a *Live Well Allegheny* community, visit www.LiveWellAllegheny.com.

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