

Alameda County’s “10x10 Wellness Campaign”

December 2011

WHEREAS, persons with serious mental health and substance abuse challenges served by the public mental health system die on average 25 years earlier than the general population; and

WHEREAS, the causes of death are largely due to conditions that are modifiable by situational and behavioral changes and therefore preventable; and

WHEREAS, the population of persons with serious mental health and substance abuse challenges is a health disparity population and needs care from our citizens and communities; and

WHEREAS, consumers, family members, providers and other stakeholders can unite in a collective effort to promote the health and well-being and reduce stigma and discrimination of persons with serious mental health and substance abuse challenges; and

WHEREAS, it is important that we find and implement solutions to the conditions that make our citizens with mental health and additional challenges become sick and die much earlier than our general population; and

WHEREAS, the wellness and recovery approach acknowledges all the important dimensions that promote a persons’ health and well-being: the social, physical, emotional, spiritual, occupational, intellectual, environmental and financial; and

WHEREAS, it is an important and tangible goal of this effort, over the next ten year period, to extend the lifespan of people with serious mental illness and substance use disorders by at least ten years over the next ten years.

NOW, THEREFORE, BE IT PROCLAIMED, that this Board of Supervisors, County of Alameda, does hereby proclaim the month of ***December 2011*** as the beginning of ***Alameda County’s Ten By Ten Wellness Campaign*** and encourages all citizens to participate in this important cause over the next decade.

NATE MILEY, President
Supervisor, Fourth District

December 6, 2011

KEITH CARSON, Vice-President
Supervisor, Fifth District

SCOTT HAGGERTY
Supervisor, First District

NADIA LOCKYER
Supervisor, Second District

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Supervisor, Third District