



**PROCLAMATION**  
**Acts of Connection Month**  
**January 2025**

WHEREAS, human beings are biologically wired for connection; with social connection functioning as a fundamental human need which is as essential to our survival as food, water, and shelter; and

WHEREAS, the U.S. Surgeon General's report states that current rates of loneliness and isolation have profound threats to our health, being more widespread than many other major health issues, including smoking, diabetes, and obesity; and

WHEREAS, approximately half of U.S. adults report experiencing loneliness; yet less than 20% who often or always feel lonely recognize it as a major problem; and

WHEREAS, the highest rates of risk impact young people, aging adults, underrepresented racial groups, people with lower incomes, and those with chronic diseases and disabilities; and

WHEREAS, understanding the factors that contribute to loneliness and social isolation and the profound threats they present to our health and wellbeing, and taking inventory of the cultural, community, and societal dynamics that drive connection and disconnection is needed now more than ever; and

WHEREAS, creating healed communities that are healthier and happier requires action, which starts by reflecting on how we can shape, build, and strengthen our institutions, cultures, and interactions to support the development of healthy relationships.

WHEREAS, Acts of Connection, a public health initiative of Thriving Weld aims to create awareness of the health risks of loneliness and isolation, educate the public on the importance of social connection, create urgency of action to change our trajectory, and connect people to local resources and information that bolster healthy social connection; and

WHEREAS, ACTS OF CONNECTION MONTH is observed this January to raise awareness about the importance of social connection and the factors that contribute to loneliness and social isolation.

NOW, THEREFORE, I, Colleen Whitlow, Mayor of the Town of Mead, Weld County, Colorado, do hereby proclaim January 2025 as **Acts of Connection Month** and call upon government agencies, public and private institutions, businesses and schools to initiate Acts of Connection by embedding social connection in policies and programs and creating spaces and events that promote connection. Additionally, we call upon citizens to foster a culture of connection that wraps around our neighbors, friends, and loved ones by seeking out opportunities to serve others, participating in community groups, nurturing relationships, and above all, showing empathy and compassion for one another.

Given under my hand and Seal of the Town of Mead, Colorado  
On this 13<sup>TH</sup> day of January 2025

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Colleen G. Whitlow  
Mayor