“MOVING FORWARD”
A CONSENSUS STATEMENT ON
HEALTH, EQUITY, INCLUSION, AND PROGRESS
from the fields of sports medicine and science, healthy living, 
education, physical/mental health, recreation, and youth sports.

ORIGINALLY ADOPTED ON 28 AUGUST 2020
On the 57th Anniversary of the March on Washington for Jobs 
and Freedom, and “I Have A Dream.”
Dedicated to the Memory, Life, and Legacy of 
Congressman John Lewis and all such leaders throughout time.

THE CURRENT CHALLENGES TODAY 
AND THE HOPES FOR TOMORROW

“All human beings are born free and equal
in dignity and rights...”
U.N. Universal Declaration of Human Rights

The United Nations adopted the Declaration of Human Rights in 1948 with significant 
U.S. support. This was another step in America’s ongoing journey for equity and access 
to the essentials of society. Our journey now is both more difficult and more urgent.

We are currently facing an existential “triple threat” of:

1. the deadliest infectious disease pandemic in a century
2. massive economic and operational repercussions
3. resulting harmful effects on health and well-being, particularly among the 
   underserved, plus community tragedies that have elevated concerns about 
   systemic racism and community public safety.

All three of these threats not only negatively influence each other but exacerbate and 
amplify their impacts. As innovative and dedicated professionals, we know there is hope 
for tomorrow.

Science shows that racism in all its forms, and associated poverty and injustice, results 
in negative health, psychological, and social outcomes, particularly for people of color, 
but also extending to all people. Any discrimination based on race is inconsistent with 
the fairness and equity we expect in all aspects of life – healthcare, workplace, schools, 
sports, communities, and beyond.

We will harness the transformative and healing power of our collective organizations 
and our stakeholders to help achieve health equity and create a healthier America and 
world-physically and psychologically-so that all people are safe, seen, heard, and 
empowered.
This consensus statement is the combined voice of the undersigned organizations, with thousands of individual members who each day are striving to make health and life better for all. This voice is distinctive as it represents a broad array of fields and disciplines – including sports medicine and science, healthy living, education, physical and mental health, recreation, and youth sports. Some of the organizations also have developed their own statements, which we applaud and support.

The following actions include efforts already underway and those that will be undertaken in the future, either individually by organizations or in collaboration:

► Overall, collectively strive to reduce discrimination, and mitigate its impact on health and well-being
► Understand and collectively strive to mitigate racism in all its forms – internalized, interpersonal, institutional, and structural—recognizing that each has its own causes and solutions
► Collectively advance the science and clinical practice of improving minority health
► Reimagine youth sports so that alignment with each community is more mutually supportive, and that the youth sports experience is more inclusive, even safer, and more enjoyable
► Collectively promote physical literacy and mental health among the entire American population, with a specific emphasis on diverse and underserved communities, families, and individuals
► Enhance the understanding of policymakers, researchers, practitioners, the media, and the public as to the health risks and impact of discrimination and those underserved
► Elect, appoint, and otherwise engage as leaders in our fields an increasing number of individuals who reflect diversity
► Stage minority recruitment membership campaigns
► Maintain hiring practices that seek diversity
► Create grants or scholarship programs or other means that focus on underrepresented populations
► Focus on science and its dissemination by undertaking research efforts to determine the most effective healthcare and well-being approaches with minority and underserved populations
► Encourage minority students to enter fields of study in the focus areas of our organizations
► Partner with Historically Black Colleges and Universities, engaging with departments, instructors, and students
► Promote Commemorative Days/Weeks/Months that underscore diversity and rights.

As we commit to do more, we call on all Americans and people around the world to do more as well. We need an enlarged, collective, and enduring commitment to...health...equity...inclusion...and...progress. And we need it now.
“WE CANNOT WALK ALONE.”
Martin Luther King, Jr.
“I Have A Dream”
28 August 1963

Martin Luther King, Jr. stated to the massive crowd gathered around the Lincoln Memorial that we cannot walk alone, must march ahead, and never turn back. He called for all people to use their individual and especially collective voices to speak out and address the injustices of the United States and the world.

Many institutions, including some of the signatories below, have also created and published powerful individual statements on the need to address disparities in health, economy, and society overall. The organizations listed below, and those that may be added over time, determined there could be additional merit in providing a collective voice focused on the future and the dream that lives on.

INITIAL SIGNATORY ORGANIZATIONS
AS OF 28 AUGUST 2020

Academy of Sports Dentistry
American Academy of Podiatric Sports Medicine
American Chiropractic Association on Sports Injuries and Physical Fitness
Collegiate & Professional Sports Dietitians Association
Collegiate Strength and Conditioning Coaches Association
Hip Hop Public Health
International Society for Sports Psychiatry
National Strength and Conditioning Association
North American Society for Pediatric Exercise Medicine
Performing Arts Medicine Association
Sports Neuropsychology Society
United States Center for Coaching Excellence