

Sample Healthy Eating Active Living City Resolution

Resolution No. 2009-

WHEREAS, in 2004, the League of California Cities adopted an Annual Conference resolution to encourage cities to embrace policies that facilitate activities to promote healthier lifestyles and communities, including healthy diet and nutrition and adoption of city design and planning principles that enable citizens of all ages and abilities to undertake exercise;

WHEREAS, the League of California Cities has a strategic goal to promote and develop safe and healthy cities;

WHEREAS, the California Center for Public Health Advocacy's 2004 California Physical Fitness Test of 1,274 5th, 7th and 9th graders in La Mesa show that 60 percent of the students tested were overweight;

WHEREAS, more children are being diagnosed with diseases linked to overweight and obesity previously seen only in adults, such as Type 2 diabetes and heart disease;

WHEREAS, more than half of California's adults are overweight or obese;

WHEREAS, overweight children and adults are at greater risk for numerous adverse health consequences, including stroke, high blood pressure, high cholesterol, certain cancers, asthma, low self-esteem, depression and other debilitating diseases;

WHEREAS, obesity takes a tremendous toll on the health, productivity of all Californians—in medical bills, workers compensation and lost productivity—for overweight, obesity, and physical inactivity exceeds \$41.2 billion a year;

WHEREAS, the United States Surgeon General has issued a call to action to prevent and decrease overweight and obesity, and the United States Department of Health and Human Services has made reducing the proportion of overweight and obese children and adolescents a key goal;

WHEREAS, the Center for Disease Control and Prevention recommends at least 30 minutes of moderate physical activity at least five days a week for adults, and at least 60 minutes of moderate to vigorous intensity physical activity for children every day;

WHEREAS, the quality of the built environment, including neighborhood safety, sidewalks, streets, public transportation, restaurant and convenience store density, access to parks, trails and grocery stores, has a significant impact on obesity rates; and

WHEREAS, in light of the foregoing statistics and considerations, the City of La Mesa commits to do all it can to decrease the rate of obesity and overweight in its communities and is committed to implementing the necessary laws or policies to create healthier work, school, and neighborhood environments conducive to healthier eating and increased physical activity among residents.

NOW, THEREFORE, BE IT RESOLVED that the City of La Mesa will become a Healthy Eating Active Living City.

BE IT FURTHER RESOLVED that the City of La Mesa will set nutrition standards for food offered at city events, city sponsored meetings, served at city facilities and city concessions, and city programs.

BE IT FURTHER RESOLVED that the City of La Mesa General Plan will:

- Prioritize capital improvement projects to increase opportunities for physical activity in existing areas;
- Plan and construct a built environment that encourages walking, biking and other forms of physical activity;
- Facilitate the siting of new grocery stores in underserved communities to increase access to healthy food, including fresh fruits and vegetables; and
- Revise comprehensive plans and zoning ordinances to increase opportunities for physical activity and access to healthy foods wherever and whenever possible.

BE IT FURTHER RESOLVED that redevelopment proposals and plans will include:

- Zoning to support farmers markets and community gardens;
- Plans for walkability and bikeability; and
- Connectivity between the redevelopment area, and residential neighborhoods and schools and retail food outlets.

BE IT FURTHER RESOLVED that in order to promote employee wellness within the City of La Mesa, and to set an example for other businesses, the City of La Mesa pledges to adopt and implement an employee wellness program that will include:

- Employee health incentives for healthy eating and physical activity;
- Establishing physical activity breaks for meetings over one hour in length;
- Accommodating breastfeeding employees upon their return to work; and
- Encouraging walking meetings and use of stairways.

BE IT FURTHER RESOLVED that community gardens can improve nutrition, physical activity, community engagement, safety, and economic vitality for a neighborhood and its residents and provide environmental benefits to the community, the City of La Mesa supports efforts to establish community gardens.

BE IT FURTHER RESOLVED that the City of La Mesa pledges to support community efforts to establish and maintain farmers markets, recognizing that farmers markets provide fresh produce to community residents, support small farmers, and build community.

PASSED AND ADOPTED at a Regular meeting of the City Council of the City of La Mesa, California, held the 13th day of October 2009, by the following vote, to wit:

AYES:

NOES:

ABSENT: