

**RESOLUTION NO. 2010 - 013**

**A RESOLUTION OF THE CITY COUNCIL OF THE CITY OF  
LA QUINTA, CALIFORNIA, TO BECOME A HEALTHY  
EATING ACTIVE LIVING CITY**

**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; and

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

**WHEREAS**, more than half of California's adults are overweight or obese and therefore at risk for many chronic conditions including diabetes, heart disease, cancer, arthritis, stroke, hypertension; and

**WHEREAS**, about one in four of California's children between the ages of 9 and 16 are overweight and according to the Public Health Advocacy study California Physical Fitness Test of 1,274 fifth, seventh, and ninth graders in La Quinta show that 25.3% of the students tested were overweight; and

**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; and

**WHEREAS**, the current generation of children are expected to have shorter lives than their parents due to the consequences of obesity; and

**WHEREAS**, obesity takes a tremendous toll on the health, productivity of all Californians; and

**WHEREAS**, the annual cost to California in medical bills, workers compensation and lost productivity for overweight, obesity and physical inactivity exceeds \$41 billion; and

**WHEREAS**, the Centers 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;<sup>1</sup> and

**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;<sup>2</sup> and

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

**NOW, THEREFORE, BE IT RESOLVED** by the City Council of the City of La Quinta, California, as follows:

The City of La Quinta will continue to encourage fitness and wellness programs and facilities and work with other agencies to provide Health Education information on nutrition, fitness testing, and wellness information for its residents.

The City of La Quinta will continue to collaborate with other agencies in the community to provide a number of recreation activities that promote physical activity. City staff will work with other entities such as the Boys and Girls Club, YMCA of the Desert, Desert Recreation District and youth sports associations to encourage sports, play and physical activity.

The City of La Quinta will continue to work to expand community access to indoor and outdoor public facilities through joint use agreements with schools and other partners.

The City of La Quinta will continue to encourage and promote the California Children's Outdoor Bill of Rights that encourages children under the age of 14 to participate in a number of outdoor and cultural experiences.

The City of La Quinta will continue to encourage nutrition standards for food offered at city special events, city sponsored meetings, served at city facilities and city concessions, and city programs;

#### **I. General Plan Update:**

- Planning for and constructing a built environment that encourages walking, biking, hiking and other forms of physical activity;

- Encourage zoning to support community gardens;
- Create connectivity between the redevelopment area, and residential neighborhoods and schools, parks, recreational resources and retail;

## **II. Employee Wellness**

- Offering Employee Health Fairs and Health Education Information;
- Sponsoring fitness programs for employees that may include exercise, physical activity thorough walking, and weight loss components;
- Accommodating two daily 15 minute walking breaks in the Civic Center Campus;
- Providing an Employee Assistance Program for employees and their families for help with addictions, work or relationship conflicts, emotional legal, financial, and health issues; and
- Encouraging use of the La Quinta Fitness Center

## **III. Healthy Eating**

Local farming can improve nutrition, physical activity, community engagement, safety, and economic vitality for residents and provide environmental benefits to the community; the City of La Quinta supports efforts to allow local farming to occur on the undeveloped property at SilverRock Resort until development occurs.

The City of La Quinta 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.

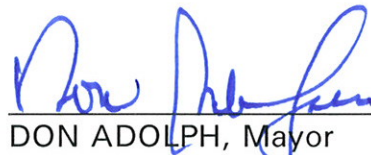
**PASSED, APPROVED and ADOPTED** at a regular meeting of the La Quinta City Council held on this 16<sup>th</sup> day of February 2010, by the following vote to wit:

**AYES:** Council Members Evans, Franklin, Henderson, Sniff, Mayor Adolph

**NOES:** None

**ABSENT:** None

**ABSTAIN:** None



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DON ADOLPH, Mayor  
City of La Quinta, California

**ATTEST:**



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VERONICA J. MONTECINO, CMC, City Clerk  
City of La Quinta, California

(City Seal)

**APPROVED AS TO FORM:**



\_\_\_\_\_  
M. KATHERINE JENSON, City Attorney  
City of La Quinta, California

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<sup>1</sup> Centers for Disease Control, Division of Nutrition, Physical Activity and Obesity, National Center for Chronic Disease Prevention and Health Promotion, "Physical Activity for Everyone." Available at [www.cdc.gov/physicalactivity/everyone/guidelines](http://www.cdc.gov/physicalactivity/everyone/guidelines).

<sup>2</sup>KM Booth, MM Pinkston, WS Carlos et al. "Obesity and the Built Environment." Journal of the American Dietetic Association 2005;105:S110-S117.