

RESOLUTION NO. 10-83

A RESOLUTION OF THE CITY COUNCIL OF THE CITY OF
FULLERTON, CALIFORNIA SETTING FORTH THE CITY OF
FULLERTON'S COMMITMENT TO OBESITY PREVENTION

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, in July 2010 the League of California Board of Directors resolved to partner with and support the national Let's Move Campaign, and encourages California cities to adopt preventative measures to fight obesity; 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, and, hypertension; and

WHEREAS, one in four youth between the ages of 9 and 16 in California is overweight including 24% of 5th, 7th and 9th graders in Fullerton; 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, California Senate Bill 375 and Assembly Bill 32 call on cities to adopt plans to reduce greenhouse emissions which include reducing vehicular miles traveled; and

WHEREAS, local land use policy governs development of the built environment in which individuals make personal nutrition and physical activity choices; and

WHEREAS, by supporting the health of residents and the local workforce would decrease chronic disease and health care costs and increase productivity; and

WHEREAS, through the General Plan Update (The Fullerton Plan) process, a community Vision Statement was developed and ultimately adopted by the City Council on February 17, 2009; and

WHEREAS, this Vision Statement – Our Visions establishes, among other things, that Fullerton will be a city which:

- Supports community health with recreational resources, well-maintained parks, preserved open spaces, and public programs to encourage healthy lifestyles;
- Preserves its character by supporting community efforts dedicated to cultural activities, civic engagement, social concern, health and safety issues, and other aspects of our quality of life; and

WHEREAS, the Vision Statement – Our Guiding Principles provides the touchstones for The Fullerton Plan which include that:

- Economic sustainability is essential to a local economy that remains strong into the future.
- Environmental sustainability will be reflected in the use of up-to-date environmental policies to ensure the present and future generations live healthier lives and do not inherit costly, resource-inefficient systems and structures.
- Mobility options of every kind will be of prime consideration in the planning of buildings, streets and paths, traffic patterns, and development of the transit center; and

WHEREAS, the City Council hereby recognizes that obesity is a serious public health threat to the health and wellbeing of adults, children and families in the City of Fullerton. While individual lifestyle changes are necessary, individual effort alone is insufficient to combat obesity's rising tide. Significant societal and environmental changes are needed to support individual efforts to make healthier choices.

THE CITY COUNCIL OF THE CITY OF FULLERTON, CALIFORNIA HEREBY RESOLVES AS FOLLOWS:

I. Built Environment

The City of Fullerton planners, engineers, parks and recreation department, economic and redevelopment personnel responsible for the design and construction of parks, neighborhoods, streets, and business areas, should make every effort to:

- Prioritize capital improvements projects to increase the opportunities for physical activity in existing areas;
- Plan and construct a built environment that encourages walking, biking and other forms of physical activity;
- Address walking and biking connectivity between residential neighborhoods and schools, parks, recreational resources, and retail;
- Facilitate the siting of new grocery stores, community gardens and farmers markets in underserved communities to increase access to healthy food, including fresh fruits and vegetables;

- Expand community access to indoor and outdoor public facilities through joint use agreements with schools and/or other partners;
- Revise comprehensive plans and zoning ordinances to increase opportunities for physical activity and access to health foods wherever and whenever possible, including compact, mixed-use and transit-oriented development;
- Include health goals and policies related to physical activity and access to healthy food in the general plan update;
- Examine racial, ethnic, and socio-economic disparities in access to healthy foods and physical activity facilities or resources and adopt strategies to remedy these inequities.

II. Employee Wellness And Healthy Food Access

The City of Fullerton, in order to promote wellness within the City, set an example for other businesses, pledges to adopt and implement policies that will:

- Establish physical activity breaks for meetings over one hour in length;
- Accommodate breastfeeding employees upon their return to work;
- Encourage walking meetings and use of stairways;
- Offer healthy food choices in vending machines located in city owned or leased locations;
- Encourage healthy food offerings at city events, city sponsored meetings, served at city facilities and city concessions, and city programs;
- Encourage restaurants doing business in City to disclose the calorie amount and grams of fat for each menu item listed on a menu or menu board in a clear and conspicuous manner;
- Recognize restaurants and food retailers that promote healthy food choice enabling them to display a Healthy Eating Active Living logo.

III. Implementation

The City of Fullerton will incorporate the recommendations contained in this resolution into the policies and actions of The Fullerton Plan and as such be reported on consistent with its Implementation Strategy.

ADOPTED BY THE FULLERTON CITY COUNCIL ON September 21, 2010.



Don Bankhead, Mayor

ATTEST


Beverley White, City Clerk

City of Fullerton
RESOLUTION CERTIFICATION

STATE OF CALIFORNIA)
COUNTY OF ORANGE) SS
CITY OF FULLERTON)

RESOLUTION NO. 10-83

I, Beverley White, City Clerk and ex-officio Clerk of the City Council of the City of Fullerton, California, hereby certifies that the whole number of the members of the City Council of the City of Fullerton is four; and that the above and foregoing Resolution No. 10-83 was adopted at a regular meeting of the City Council held on the 21st day of September, 2010, by the following vote:

COUNCIL MEMBER AYES:	Bankhead, Keller, Jones, Quirk-Silva
COUNCIL MEMBER NOES:	None
COUNCIL MEMBER ABSENT:	None
COUNCILMEMBER ABSTAINED:	None



Beverley White, City Clerk