

RESOLUTION NO. 10-158

**A RESOLUTION OF THE CITY COUNCIL OF THE CITY OF BENICIA
DECLARING THE CITY OF BENICIA A HEALTHY EATING, ACTIVE LIVING
(HEAL) CITY.**

WHEREAS, in 2004, the League of California Cities adopted at an Annual Conference: solutions 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, one in four youth between the ages of 9 and 16 in California is overweight; and 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 and 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, the City Council recognizes that obesity is a serious public health threat to the health and wellbeing of adults, children, and families in Huntington Park; and

WHEREAS, the City of Benicia is dedicated to reducing the rate of obesity in the City by implementing and promoting programs and policies that 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 Council of the City of Benicia does resolves that the City of Benicia will become a Healthy Eating Active Living (HEAL) City; and

BE IT FURTHER RESOLVED that the City of Benicia planners, engineers, park and recreation department, community economic and redevelopment personnel responsible for the design and construction of parks, neighborhoods, streets, and business areas, shall make every effort to plan and construct a built environment that encourages walking, biking and other forms of physical activity; and

BE IT FURTHER RESOLVED that the City of Benicia shall encourage employee wellness programs.

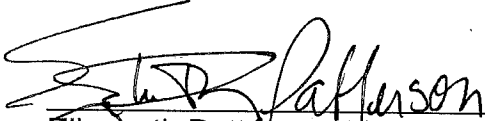
On a motion of Council Member **Campbell**, seconded by Council Member **Ioakimedes**, the above resolution was introduced and passed by the City Council of the City of Benicia at the regular meeting of said Council held on the 7th day of December, 2010, and adopted by the following vote:

Ayes: **Council Members Campbell, Ioakimedes and Mayor Patterson**

Noes: **Council Members Hughes and Schwartzman**

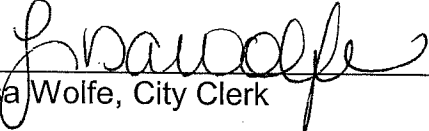
Absent: **None**

Abstain: **None**



Elizabeth Patterson, Mayor

ATTEST:



Lisa Wolfe, City Clerk