

## RESOLUTION NO. 2010-147

### A RESOLUTION OF THE CITY OF BRENTWOOD TO BECOME A HEALTHY EATING, ACTIVE LIVING (HEAL) CITY

**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**, eighteen percent of school age youth in the 15<sup>th</sup> Assembly District of California are overweight; and

**WHEREAS**, twenty nine percent of school age youth in the 11<sup>th</sup> Assembly District of California are overweight; 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**, in 2004, the League of California Cities (League) 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 has partnered with the Healthy Eating Active Living (HEAL) Cities Campaign to provide training and technical assistance to help city officials adopt policies that improve their communities' physical activity and retail food environments; and

**WHEREAS**, the League wants to partner with and support the *Let's Move!* Campaign headed by the First Lady of the United States, the President's Task Force on Childhood Obesity and Secretary of Health and Human Services' in an effort to solve the challenge of childhood obesity within a generation; and

**WHEREAS**, the City of Brentwood, City Council has shown its commitment to becoming a healthy community through their proactive adoption of Council/Administrative Policy 90-3 (Wellness Policy) as a means to educate the public on how they may achieve optimal health, wellness and better quality of life, as a provider or partner in developing policies, venues and programs that support lifelong healthy behaviors; 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 of Brentwood 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 Brentwood; and

**WHEREAS**, 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.

**NOW, THEREFORE, BE IT RESOLVED** that the City Council of the City of Brentwood:

1. Adopts this Healthy Eating Active Living resolution;
2. Directs its staff and commissions to identify opportunities to encourage healthy choices which may include recommending healthful goals and policies in the City's future general plan updates and related land use codes, such as:
  - Furthering walk-ability and bike-ability throughout the City, its neighborhoods, and trails;
  - Connectivity between residential neighborhoods, schools, recreational resources, and retail;
3. In order to promote wellness within Brentwood, and to set an example for other businesses, pledges to identify opportunities that encourage employee wellness policy such as:
  - Setting nutrition standards for foods offered at City events, City sponsored meetings and City programs;
  - Accommodate breastfeeding employees upon their return to work;
  - Encourage walking meetings and use of stairways; and
4. Will become a Healthy Eating Active Living City entitled to any membership resources.

**PASSED, APPROVED, AND ADOPTED** by the City Council of the City of Brentwood at a regular meeting on the 26<sup>th</sup> day of October, 2010.