

RESOLUTION NO. 10 - 114

**RESOLUTION OF THE CITY OF EL CENTRO, CALIFORNIA
SETTING FORTH CITY OF EL CENTRO'S COMMITMENT TO
OBESITY PREVENTION BY SUPPORTING THE LET'S MOVE
CAMPAIGN AND ADOPTING A HEALTHY EATING ACTIVE LIVING
RESOLUTION**

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 City Council of the City of El Centro has adopted Strategic Plan goals to promote and develop recreational activities and facilities and a safe and healthy community; and

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

WHEREAS, more than half of California's youth between the ages of 9 and 16 and adults are at risk for many chronic conditions resulting from obesity including diabetes, heart disease, cancer, arthritis, stroke, and, hypertension; and

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

WHEREAS, the current generation of children is expected to have shorter life expectancy 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 obesity and physical inactivity exceeds \$41 billion; and

WHEREAS, teens and adults who consume one or more sodas or sugar sweetened beverages per day are more likely to be overweight; and

WHEREAS, the City of El Centro through its Redevelopment Agency's Wellness Outside Walkers ("WOW") Program encourages outside walking; and

WHEREAS, local land use policies govern development of the environment in which individuals make personal nutrition and physical activity choices live; and

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

WHEREAS, fifty-three California cities have joined the *Let's Move Campaign* by adopting policies and resolutions to enhance physical activity, access to healthy food and promote employee wellness; and,

WHEREAS, the City Council finds that the adoption of this resolution to be in the best interest of the City and its residents.

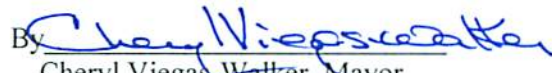
NOW, THEREFORE, THE CITY COUNCIL OF THE CITY OF EL CENTRO, CALIFORNIA, DOES HEREBY RESOLVE AS FOLLOWS:

1. That the City Council hereby recognizes that obesity is a serious public health threat to the health and well being of adults, children and families in El Centro; that while individual lifestyle changes are necessary, individual effort alone is insufficient to combat obesity's rising tide; that significant societal and environmental changes are needed to support individual efforts to make healthier choices; and that for the above and foregoing reasons, the City Council adopts this Healthy Eating Active Living resolution.
2. Built Environment. That the City planners, engineers, park and recreation department, economic development 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 citing 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;
 - Map existing fast food outlets and draft an ordinance which will place limits on fast food around schools and in neighborhoods with over-concentrations of unhealthy food outlets;
 - 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;
 - Build incentives for development project proposals to demonstrate favorable impact on resident and employee physical activity and access to healthy foods; and
 - 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.
3. Employee Wellness. That in order to promote wellness within the City, and to set an example for other businesses, the City pledges to adopt and implement an employee wellness policy that will:
 - Offer employee health incentives for healthy eating and physical activity;

- 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;
 - Set nutrition standards for vending machines located in City owned or leased locations; and
 - Set nutrition standards for food offered at City events, City sponsored meetings, served at City facilities and concessions, and City programs.
4. Healthy Food Access. That the City Council encourages restaurants doing business in the 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;
 - Remove foods containing artificial trans fat from their menu offering.
- 5 That the City Council encourages food retailers doing business in the City to prominently feature healthy check-out lanes free of high density foods.
6. That restaurants and food retailers promoting healthy food choices in the above manners will be recognized by the City and will be entitled to display a City of El Centro Healthy Eating Active Living logo.
7. Implementation. That the City Manager is hereby directed to report back to the City Council annually in November regarding steps taken to implement the Resolution, additional steps planned, and any desired actions that would need to be taken by the City Council.

PASSED AND ADOPTED at a regular meeting of the City Council of the City of El Centro, California, held on the 16th day of Nov. , 2010.

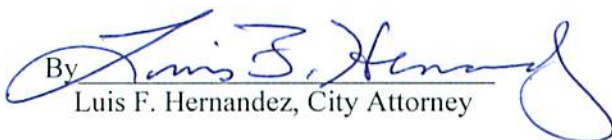
CITY OF EL CENTRO

By 
Cheryl Viegas Walker, Mayor

ATTEST:

By 
L. Diane Caldwell, City Clerk

APPROVED AS TO FORM:
Office of the City Attorney

By 
Luis F. Hernandez, City Attorney

STATE OF CALIFORNIA)
COUNTY OF IMPERIAL) ss
CITY OF EL CENTRO)

I, L. Diane Caldwell, City Clerk of the City of El Centro, California, do hereby certify that the foregoing Resolution No. 10 - 114 was duly and regularly adopted at a regular meeting of the City Council of the City of El Centro, California, held on the 16th day of Nov. , 2010 by the following vote:

AYES: Edney, Silva, Viegas-Walker, Solomon, Sanders
NOES: None
ABSENT: None
ABSTAINED: None

By *L. Diane Caldwell* Deputy
L. Diane Caldwell, City Clerk