

RESOLUTION NO. 2010-59

**A RESOLUTION OF THE CITY COUNCIL OF THE CITY OF COTATI TO
BECOME A HEALTHY EATING, ACTIVE LIVING (HEAL) 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, studies show that 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, more than half of California's adults are either overweight or obese; and

WHEREAS, overweight children and adults are at greater risk for numerous adverse health consequences, including stroke, high blood pressure, high cholesterol, certain cancers, asthma, low self-esteem, depression, and other debilitating diseases; and

WHEREAS, obesity shortens the average lifespan by at least four to nine months, and if childhood obesity continues to increase, it could reduce life expectancy by five years over the next several decades; and

WHEREAS, overweight, obesity, and physical inactivity takes a tremendous toll on the health and productivity of all Californians - exceeding \$41 billion annually; and

WHEREAS, the United States Surgeon General has issued a call to action to prevent and decrease overweight and obesity, and the United States Department of Health and Human Services has made reducing the proportion of overweight and obese children and adolescents a key goal; and

WHEREAS, the Center 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 physical activity for children every day; 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; and

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

NOW, THEREFORE, BE IT RESOLVED by the City Council of the City of Cotati will become a Healthy Eating, Active Living (HEAL) City.

IT IS HEREBY CERTIFIED that the foregoing resolution was duly introduced and legally adopted at a regular meeting of the City Council of the City of Cotati held on the 27th day of October, 2010 by the following vote, to wit:

| | |
|-----------------|------------|
| COLEMAN-SENGHOR | <u>Yes</u> |
| GILARDI | <u>Yes</u> |
| HARVEY | <u>Yes</u> |
| LANDMAN | <u>Yes</u> |
| ORCHARD | <u>Yes</u> |

Approved: _____

Robert Coleman Senghor
Robert Coleman Senghor, Mayor

Attest: _____

Tamara Taylor
Tamara Taylor, Deputy City Clerk