

RESOLUTION 2010-148

A RESOLUTION OF THE CITY COUNCIL OF THE CITY OF SOLANA BEACH, CALIFORNIA, AUTHORIZING THE CITY TO JOIN THE HEALTHY EATING ACTIVE LIVING CAMPAIGN

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 have access to healthy food; and

WHEREAS, the League of California Cities has a strategic goal to promote and develop safe and healthy cities; and

WHEREAS, more children are being diagnosed with diseases linked to overweight conditions 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 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 takes a tremendous toll on the health and productivity of all Californians - in medical bills, workers compensation and lost productivity - for overweight, obesity, and physical inactivity that exceeds \$41.2 billion a year; and

WHEREAS, The United States Surgeon General has issued a call to action to prevent and decrease overweight conditions 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 intensity physical activity for children every day; and

WHEREAS, the quality of the built environment, including neighborhood safety, sidewalks, streets, public transportation, 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 Solana Beach commits to do all it can to address the serious issue of overweight conditions and decrease the rate of obesity in its communities by implementing the necessary programs or policies to create healthier work, school, and neighborhood environments conducive to healthier eating and increased physical activity among residents.

NOW, THEREFORE, the City Council of the City of Solana Beach, California, does resolve as follows:

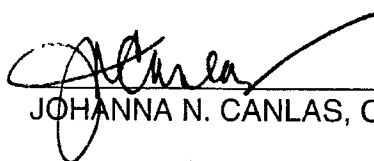
1. That the above citations are true and correct.
2. That the City of Solana Beach will become a Healthy Eating Active Living City.
3. That during the General Plan update process, Staff will explore:
 - a. Zoning to support farmers markets and community gardens.
 - b. Plans for walkability and bikeability.
 - c. Connectivity between the redevelopment area, residential neighborhoods, schools and retail food outlets.
4. That in order to promote employee wellness within the City of Solana Beach and to set an example for other businesses, the City of Solana Beach pledges to adopt and implement an employee wellness program that will include:
 - a. Employee health incentives for physical activity.
 - b. Encouraging walking meetings and use of stairways.

PASSED AND ADOPTED this 27th day of October, 2010, at a regularly scheduled meeting of the City Council of the City of Solana Beach, California by the following vote:

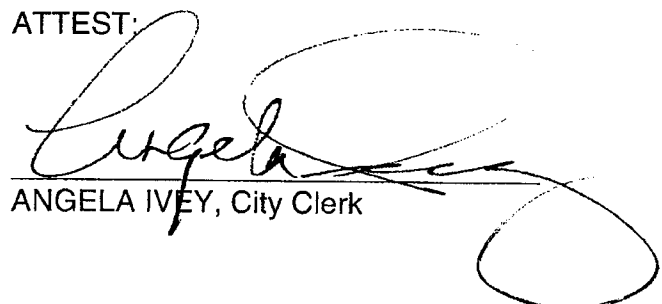
AYES: Councilmembers – Campbell, Kellejian, Roberts, Nichols
NOES: Councilmembers – None
ABSENT: Councilmembers – Heebner
ABSTAIN: Councilmembers – None


THOMAS M. CAMPBELL, Mayor

APPROVED AS TO FORM:


JOHANNA N. CANLAS, City Attorney

ATTEST:

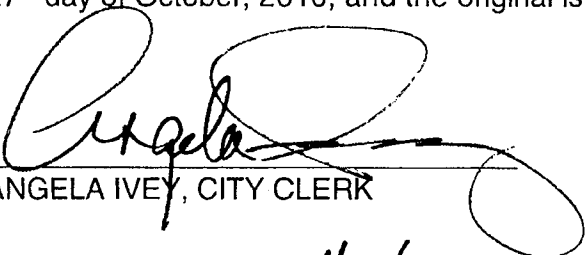

ANGELA IVEY, City Clerk



CERTIFICATION

STATE OF CALIFORNIA)
COUNTY OF SAN DIEGO) SS.
CITY OF SOLANA BEACH)

I, ANGELA IVEY, City Clerk of the City of Solana Beach, California, DO HEREBY CERTIFY that the foregoing is a full, true and correct copy of **Resolution 2010-148** *authorizing the participation in the Healthy Eating Active Living Campaign* as duly passed and adopted at a Regular Solana Beach City Council meeting held on the 27th day of October, 2010, and the original is on file in the City Clerk's Office.


ANGELA IVEY, CITY CLERK

Date of this Certification, 11-4-2010