

RESOLUTION NO. 2010-118

RESOLUTION OF THE CITY COUNCIL OF THE CITY OF ROHNERT PARK SETTING FORTH ROHNERT PARK'S COMMITMENT TO OBESITY PREVENTION

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

WHEREAS, one in four youth between the ages of 9 and 16 in California is overweight; and

WHEREAS, 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, 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, teens and adults who consume one or more sodas or sugar sweetened beverages per day are more likely to be overweight or obese; 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 of Rohnert Park is supports the national *Let's Move Campaign* and the League of California Cities strategic goal to foster recreational activities that promote health wellness for its residents and employees.

NOW, THEREFORE, LET IT BE RESOLVED that the City Council hereby recognized that obesity is a serious public health threat to the health and wellbeing of adults, children and families in the City of Rohnert Park 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. To that end, the City of Rohnert Park adopts this Healthy Eating Active Living resolution:

I. Built Environment

BE IT FURTHER RESOLVED that the City of Rohnert Park planners, engineers, park and recreation department, community economic and redevelopment personnel responsible for the design and construction of parks, neighborhoods, streets, and business areas, should make every effort to encourage and support development that promote recreational and physical activities for residents of all ages.

II. Employee Wellness

BE IT FUTHER RESOLVED that in order to promote wellness within the City of Rohnert Park and to set an example for other businesses, the City of Rohnert Park pledges to adopt and implement an employee wellness policy that will offer employee health incentives for healthy eating and physical activity;

III. Healthy Food Access

BE IT FUTHER RESOLVED that Rohnert Park encourages restaurants doing business in Rohnert Park 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.

IV. Implementation

BE IT FURTHER RESOLVED that the City Council supports the implementation of Goals I – III and will take protection of health concerns into its deliberation in these three areas.

BE IT FINALLY RESOLVED that the City of Rohnert Park has in the past and will continue to build and maintain parks, playgrounds, playing field, pedestrian and bicycle paths, swimming pools, a sports center and these recreational facilities which encourage families, children, visitors and others to use these facilities for exercise, health wellness, and enjoyment.

DULY AND REGULARLY ADOPTED by the City Council of the City of Rohnert Park
this 28th day of September, 2010.

CITY OF ROHNERT PARK

Pam Stafford

ATTEST:

Dee Diggins
Deputy
City Clerk



**BELFORTE: AYE BREEZE: AYE CALLINAN: AYE MACKENZIE: AYE STAFFORD: AYE
AYES: (5) NOES: (0) ABSENT: (0) ABSTAIN: (0)**