

## RESOLUTION 11-24

### A RESOLUTION OF THE CITY COUNCIL OF THE CITY OF MISSION VIEJO THAT DECLARES MISSION VIEJO A HEALTHY EATING ACTIVE LIVING (HEAL) CITY

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 encourages California cities to adopt policies that promote healthier lifestyles and communities; and

WHEREAS, more than half of California's adults are overweight or obese or have health issues that put them 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 health problems previously seen only in adults, such as Type 2 diabetes, heart disease, high blood pressure, hardening of the arteries, high cholesterol, and these problems have been linked to poor nutrition choices, lack of exercise, and obesity; and

WHEREAS, cities and their residents face increased health care costs and diminished quality of life due to lack of exercise, poor diet choices, obesity and the resultant health-related effects of diabetes, cardiac disease, and other health problems; and

WHEREAS, the City of Mission Viejo already embraces the concepts behind this Resolution, through its Community Services Master Plan, park resources, recreation centers, fitness programs, trails, bike pathways and lanes, open spaces, community-building facilities, and access to healthy foods, the City has the unique ability to positively affect the health of the Mission Viejo community now and in the future.

NOW, THEREFORE, LET IT BE IT RESOLVED by the Mission Viejo City Council Resolution the following: that the City of Mission Viejo will hereby seek opportunities through land use planning, use of City facilities, and City personnel policies to support individual efforts to make healthier choices. While individual lifestyle changes are necessary, societal and environmental changes are also helpful in supporting individual efforts to improve health and wellness. To that end, Mission Viejo adopts this Healthy Eating Active Living Resolution:

#### SECTION 1. LAND USE

BE IT FURTHER RESOLVED that the City Council directs Mission Viejo planners, engineers, recreation and community services department, and community development personnel responsible for the design and construction of parks, neighborhoods, streets, and business areas, to make every effort to:

- Protect and enhance parks and recreation centers to increase the opportunities for physical activity in existing areas;

- Seek opportunities to provide an 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;
- Consider the feasibility of providing areas for community gardens;
- Apply to the Orange County Farms Bureau to bring a Farmers Market to the City, possibly to the Civic Center or another convenient location, 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;
- Include health goals and policies related to physical activity and access to healthy food in the General Plan update;

## SECTION 2. EMPLOYEE WELLNESS

BE IT FUTHER RESOLVED that in order to promote wellness within Mission Viejo, and to set an example for other businesses, Mission Viejo pledges to continue and enhance its existing employee wellness policy. The City will consider the following employee wellness concepts:

- Provide health and wellness information on the City’s intranet, including links to helpful websites, such as the DASH diet (Dietary Approaches to Stop Hypertension), Mission Hospital programs, and other health resources;
- Provide a “health tip of the month” on the intranet;
- Offer the use of a blood pressure monitor in the employee break room;
- Encourage employees to use the recreation centers and/or engage in fitness programs;
- Offer healthy choices in the vending machines located in the City facilities;
- Plan a wellness class or presentation during the lunch hour once per quarter or more frequently.

## SECTION 3. HEALTHY FOOD ACCESS

BE IT FUTHER RESOLVED that Mission Viejo encourages restaurants doing business in Mission Viejo 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;
- Highlight “Heart Healthy” choices on the menu.

BE IT FURTHER RESOLVED that Mission Viejo encourages food retailers doing business in Mission Viejo to:

- Prominently feature healthy check-out lanes free of high density foods;
- Promote healthy food choices through signage and product information, i.e. in the produce section of the store;
- Create ideas to generate interest in making healthy choices in food purchases.

BE IT FURTHER RESOLVED that restaurants and food retailers that promote healthy food choices in the above manners or with other creative programs be recognized by the City and will be entitled to display a Mission Viejo Healthy Eating Active Living logo.

SECTION 4. IMPLEMENTATION

BE IT FURTHER RESOLVED that the head of each affected City department should report back to the City Council annually regarding steps taken to implement the Resolution, additional steps planned, and any desired actions that would need to be taken by the City Council.

SECTION 5. That the City Clerk shall certify to the passage and adoption of this Resolution and enter it into the record of Resolutions.

PASSED, APPROVED, AND ADOPTED by the City Council of the City of Mission Viejo at a regular meeting held on this 18<sup>th</sup> day of April, 2011.



Dave Leckness  
Mayor

ATTEST:

I hereby certify that the foregoing Resolution was duly adopted by the City Council of the City of Mission Viejo at a regularly scheduled meeting thereof, held on the 18<sup>th</sup> day of April, 2008, by the following vote of the Council:

AYES: KELLEY, LECKNESS, REARDON  
NOES: SCHLICHT  
ABSENT: URY

  
Karen Hamman, CMC  
City Clerk