

RESOLUTION NO. 25-2011

**A RESOLUTION OF THE CITY COUNCIL OF THE
CITY OF BURLINGAME SETTING FORTH BURLINGAME'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 principles that enable citizens of all ages and abilities to undertake exercise; and

WHEREAS, the League of California Cities has a strategic goal of promoting and developing safe and healthy cities; 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 youths 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 only seen in adult, 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 and productivity of all Californians; and

WHEREAS, the annual cost to California in medical bills, workers compensation and lost productivity due to overweight, obesity, and physical inactivity exceeds \$41 billion; 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

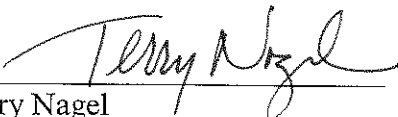
WHEREAS, supporting the health of Burlingame residents and the local workforce would decrease chronic disease and health care costs and increase productivity;

NOW, THEREFORE, LET IT BE RESOLVED that the City Council hereby recognizes that obesity is a serious public threat to the health and wellbeing of adults, children and families in Burlingame. While individual lifestyle changes are necessary, individual

effort alone is insufficient to combat obesity's rising tide. Significant societal changes are needed to support individual efforts to make healthier choices. To that end, the City of Burlingame adopts this Healthy Living resolution.

This resolution acknowledges specific areas and programs that can assist in addressing and publicizing this critical community issue. Included are a variety of focus areas, with many offerings already in place:

- **Design and construction** of parks, neighborhoods, streets and business areas (Downtown Plan), including consideration of maximizing **physical activity** options (walking, biking, etc.)
- **Healthy food choices** (support of Farmer's Market and Community Garden, facilitating new grocery stores selling fresh fruits and vegetables); minimizing **unhealthy food outlets**; making sure public **vending machines** offer access to healthy food choices (Recreation Center)
- **Employee Wellness** as a lead example for others (City staff discount on City fitness classes; encouraging walking during breaks and lunch and using stairway instead of elevator; a "Wellness Corner" in employee's newsletter; periodic ergonomic assessments)
- **Encouraging Healthy Choices** in City-sponsored programs (nutritious snacks only in City's pre-school program; camp counselors are restricted from consuming or offering unhealthy snacks/lunch while working; fitness encouraged through youth sports programs, seasonal camps and many special interest classes) and in collaboration with Burlingame schools and community organizations (making use of school newsletters, publicizing active and healthy events; co-sponsored activities; promoting San Mateo County Convention & Visitor's Bureau's "As Fresh As It Gets" program)



Terry Nagel
Mayor

I certify that the foregoing Resolution No. 25-2011 was duly and regularly adopted at a regular meeting of the Burlingame City Council on April 18, 2011 by the following vote:

AYES: BAYLOCK, BROWNRIGG, DEAL, KEIGHRAN, NAGEL

NOES: NONE

ABSENT: NONE


Mary Ellen Kearney
City Clerk