



**CITY OF MARTINEZ**

**CITY COUNCIL AGENDA  
June 15, 2011**

**TO:** Mayor and City Council  
**FROM:** Mercy G. Cabral, Deputy City Clerk  
**SUBJECT:** Healthy Eating Active Living Resolution  
**DATE:** June 8, 2011

**RECOMMENDATION:**

Consider a resolution to provide awareness of “Healthy Eating Active Living” Cities Campaign.

**BACKGROUND:**

Cities and their residents face increased health care costs and diminished quality of life due to the epidemic of obesity and overweight. City leaders across California are addressing the crisis by implementing land use and employee policies which encourage physical activity and nutritious eating.

League of California Cities led the way with a resolution in 2004 which encouraged cities to embrace policies that promote healthier lifestyles and communities. Two years later, the League adopted a resolution to work together with the Institute for Local Government, and the Cities Counties and Schools Partnership to develop a clearinghouse of information that cities can use to promote wellness policies and healthier cities. The Healthy Eating Active Living Cities Campaign grew out of these resolutions and is a partnership of the California Center for Public Health Advocacy and the League of California Cities.

The following draft resolution is written to provide awareness in the community. The City appointees on the General Plan Committee will consider the menu of potential options and actions during the General Plan revision process. At a future date the Council will ultimately decide which policies to implement, if any.

**FISCAL IMPACT:**

No fiscal impact.

**ACTION:**

Motion to adopt a resolution to provide awareness of “Healthy Eating Active Living” Cities Campaign in the City of Martinez.

**APPROVED BY:**

A handwritten signature in black ink, appearing to read "Philip Uvic".

City Manager

RESOLUTION NO. -11

CITY OF MARTINEZ HEALTHY EATING ACTIVE LIVING 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**, 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 in the City of Martinez a total of 981 students were tested from the 5<sup>th</sup>, 7<sup>th</sup>, and 9<sup>th</sup> grades and 22.3% were 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.

**NOW, THEREFORE, BE IT 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 City of Martinez. 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.

\* \* \* \* \*

**I HEREBY CERTIFY** that the foregoing is a true and correct copy of a resolution duly adopted by the City Council of the City of Martinez at a Regular Meeting of said Council held on the day of 15<sup>th</sup> day of June, 2011, by the following vote:

AYES:

NOES:

ABSENT:

RICHARD G. HERNANDEZ, CITY CLERK  
CITY OF MARTINEZ