

RESOLUTION NO. 6025

RESOLUTION OF THE CITY OF MENLO PARK ADOPTING A HEALTHY CITY POLICY

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, 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, leaders in government have recognized the problems of persons overweight, obese and diabetic and, through an inclusive commitment, can lead the City toward increased physical activity and improved nutrition and wellness; 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, 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 recognizes that obesity is a serious public health threat to the health and wellbeing of adults, children and families in the City of Menlo 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 Menlo Park adopts this Healthy Eating Active Living Resolution; and

BE IT FURTHER RESOLVED that the City of Menlo Park will promote a healthy environment for residents and employees by:

- Continuing to expand pedestrian, bicycle and transit access throughout the City through the use of new public projects and improvements; and public-private partnership for joint use access agreements when possible.
- Increasing the availability of healthy food, including fresh fruits and vegetables through a continued partnership with the Farmer's Market Downtown and at the Senior Center.
- Continuing to encourage employers to provide facilities for employees to use alternative modes of transportation, such as showers and changing rooms.
- Continuing to provide recreational programs for residents and employees.

BE IT FUTHER RESOLVED that the City of Menlo Park City Council and staff are to act as role models for health and wellness for the City by:

- Making available healthy food service and vending choices.
- Offering access to Community Services exercise classes and aquatic facilities.
- Providing access to a free exercise facility and showers.
- Encouraging employees to engage in healthy eating and physical activity.
- Accommodating breastfeeding employees upon their return to work.
- Encouraging walking to meetings and use of stairways.

I, Margaret S. Roberts, City Clerk of the City of Menlo Park, do hereby certify that the above and foregoing Resolution was duly and regularly passed and adopted at a meeting by said City Council on the thirtieth day of August, 2011, by the following vote:


AYES: Cline, Cohen, Fergusson, Keith, Ohtaki

NOES: None

ABSENT: None

ABSTAIN: None

IN WITNESS WHEREOF, I have hereunto set my hand and affixed the Official Seal of said Agency this thirtieth day of August, 2011.


Margaret S. Roberts, MMC
City Clerk