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RESOLUTION NO. 11-6765

**A RESOLUTION OF THE CITY COUNCIL OF THE CITY OF
HERMOSA BEACH, CALIFORNIA, SETTING FORTH HERMOSA
BEACH'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

1 **WHEREAS**, teens and adults who consume one or more sodas or sugar sweetened
2 beverages per day are more likely to be overweight or obese; and

3 **WHEREAS**, local land use policy governs development of the built environment in which
4 individuals make personal nutrition and physical activity choices; and

5 **WHEREAS**, by supporting the health of residents and the local workforce would decrease
6 chronic disease and health care costs and increase productivity; and

7 **WHEREAS**, the City of Hermosa Beach through its partnership with Vitality City has the
8 unique ability to positively affect the health of the Hermosa Beach community now and in the
9 future.

10 **NOW, THEREFORE, LET IT BE RESOLVED** that the City Council hereby recognizes
11 that overweight and obesity are public health threats to the health and wellbeing of adults, children
12 and families in Hermosa Beach. While individual lifestyle changes are necessary, individual effort
13 alone is insufficient to combat obesity's rising tide. Significant societal and environmental
14 changes are needed to support individual efforts to make healthier choices. To that end, Hermosa
15 Beach adopts this Healthy Eating Active Living Resolution:

16 **I. Built Environment**

17 **BE IT FURTHER RESOLVED** that Hermosa Beach planners, engineers, parks and
18 recreation department, community economic and redevelopment personnel responsible for the
19 design and construction of parks, neighborhoods, streets, and business areas, should make every
20 effort to:

- 21 • Support the expansion of community gardens and farmers markets to increase access to
22 healthy food, including fresh fruits and vegetables;
- 23 • Consider placing livability principles into the City's General Plan and municipal codes and
24 provide draft policy revisions;
- 25 • Consider revising appropriate policies and plans to include or reference Complete Streets
26 policies and Livable Streets Design Guidelines, which could include a network of streets
27 and public spaces to support active living;
- 28 • Hermosa Beach is encouraged to adopt South Bay Bicycle Master Plan by December 2011;

- 1 • Expand community access to indoor and outdoor public facilities through joint use
- 2 agreements with schools and/or other partners
- 3 • Craft an ordinance which will place limits on fast food around schools;
- 4 • Include health goals and policies related to physical activity and access to healthy food in
- 5 the general plan update;
- 6 • Build incentives for development project proposals to demonstrate favorable impact on
- 7 resident and employee physical activity and access to healthy foods;

8 **II. Employee Wellness**

9 **BE IT FUTHER RESOLVED** that in order to promote wellness within Hermosa Beach,
10 and to set an example for other businesses, Hermosa Beach pledges to adopt and implement an
11 employee wellness policy that will:

- 12 • Offer employee health incentives for healthy eating and physical activity¹ ;
- 13 • Establish physical activity breaks for meetings over one hour in length;
- 14 • Accommodate breastfeeding employees upon their return to work;
- 15 • Encourage walking meetings and use of stairways.

16 **BE IT FUTHER RESOLVED** to set nutrition standards for vending machines located in
17 City owned or leased locations²;

18 **BE IT FUTHER RESOLVED** to set nutrition standards for food and beverages offered at
19 City events, City sponsored meetings, served at City facilities and City concessions, and City
20 programs.

21 **III. Healthy Food Access**

22 **BE IT FUTHER RESOLVED** that Hermosa Beach encourages restaurants doing
23 business in Hermosa Beach to:

- 24 ▪ To participate in the Vitality City Restaurant Certification process.

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28 ¹ May include incentive such as fresh fruit in break rooms, gym discounts, fifteen minutes paid exercise time per day, etc.

² Various standards available from HEAL Cities Campaign

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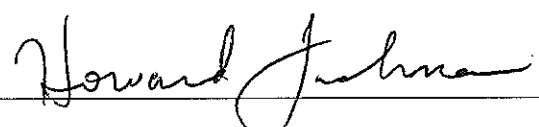
BE IT FURTHER RESOLVED that Hermosa Beach encourages food retailers doing business in Hermosa Beach to prominently feature healthy check-out lanes free of high density foods;

BE IT FURTHER RESOLVED that restaurants and food retailers that promote healthy food choices in the above manners be recognized by the City and will be entitled to display a Hermosa Beach Healthy Eating Active Living logo.

IV. Implementation

BE IT FURTHER RESOLVED that the head of each affected agency or 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.

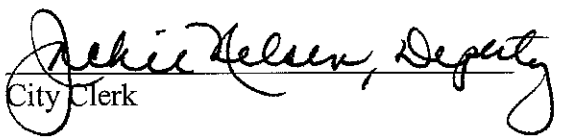
PASSED, APPROVED AND ADOPTED this 27th day of September 2011.

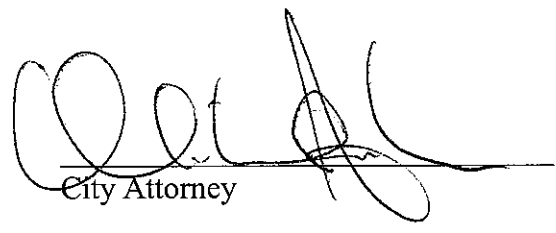


PRESIDENT of the City Council and **MAYOR** of the City of Hermosa Beach, California

ATTEST:

APPROVED AS TO FORM:


City Clerk


City Attorney

STATE OF CALIFORNIA
COUNTY OF LOS ANGELES
CITY OF HERMOSA BEACH

I, Elaine Doerfling, City Clerk of the City of Hermosa Beach, California, do hereby certify that the foregoing Resolution No. 11-6765 was duly and regularly passed, approved and adopted by the City Council of the City of Hermosa Beach at a Regular Meeting of said Council at the regular place thereof on September 27, 2011.

The vote was as follows:

AYES: Bobko, DiVirgilio, Duclos, Tucker, Mayor Fishman
NOES: None
ABSTAIN: None
ABSENT: None

Dated: October 11, 2011


Elaine Doerfling, City Clerk