

RESOLUTION NO. 12-25

**A RESOLUTION OF THE CITY COUNCIL OF THE CITY OF
GROVER BEACH, CALIFORNIA, AUTHORIZING PARTICIPATION IN THE
HEALTHY EATING ACTIVE LIVING (HEAL) CITIES CAMPAIGN**

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 Cities 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, on November 18, 2011, the League of California Cities Board of Directors unanimously voted to encourage 100% board participation in the HEAL Cities Campaign; 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, more children are being diagnosed with diseases linked to being overweight and obesity than was 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 being 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, supporting the health of residents and the local workforce could decrease chronic disease and health care costs and increase productivity.

NOW, THEREFORE, BE IT RESOLVED that the City Council of the City of Grover Beach does hereby recognize and endorse the policies identified in Exhibit 1 to this Resolution and further authorizes participation in the Healthy Eating Active Living (HEAL) Cities Campaign.

On motion by Council Member Peterson, seconded by Council Member Bright, and on the following roll-call vote, to wit:

AYES: Council Members Bright, Molnar, Peterson, Mayor Pro Tem Nicolls,
and Mayor Shoals.
NOES: Council Members – None.
ABSENT: Council Members – None.
ABSTAIN: Council Members – None.

the foregoing Resolution was **PASSED, APPROVED, and ADOPTED** at the Regular meeting of the City Council of the City of Grover Beach, California this 16th day of April, 2012.



JOHN P. SHOALS, MAYOR

Attest:



DONNA L. McMAHON, CITY CLERK

EXHIBIT 1

- Prioritize capital improvements projects to increase the opportunities for physical activity in existing areas;
- Plan and construct a built 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;
- Expand community access to indoor and outdoor public facilities through joint use agreements with schools and/or other partners;
- Revise comprehensive plans and zoning ordinances to increase opportunities for physical activity and access to healthy foods wherever and whenever possible, including compact, mixed-use, and transit-oriented development;
- Build incentives for development project proposals to demonstrate favorable impact on resident and employee physical activity and access to healthy foods;
- Examine racial, ethnic, and socio-economic disparities in access to healthy foods and physical activity facilities or resources and adopt strategies to remedy these inequities;
- Establish physical activity breaks for meetings over one hour in length; and
- Encourage walking meetings.