

## RESOLUTION NO. 2012/15

### RESOLUTION OF THE CITY COUNCIL OF THE CITY OF ANTIOCH SUPPORTING HEALTHY EATING AND LIVING CHOICES

**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**, 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 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 and productivity of all Californians;

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

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

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

**RESOLUTION NO. 2012/15**

March 13, 2012

Page 2

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

**WHEREAS**, the City Council recognizes efforts and policy decisions of this and previous Councils to create a healthy community including but not limited to General Plan objectives and policies to create a safe transportation system for all modes of transportation including walking and biking, reducing dependence on the automobile, and providing a range of recreational opportunities.

**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 and recognizes that significant societal and environmental changes are needed to support individual efforts to make healthier choices;

**BE IT FURTHER RESOLVED**, that the Antioch City Council supports local and regional efforts to improve our citizen's health and wellness and supports and will consider local policies and programs that create comprehensive community wellness.

\* \* \* \* \*

**I HEREBY CERTIFY** that the foregoing resolution was passed and adopted by the City Council of the City of Antioch at a regular meeting thereof, held on the 13th day of March 2012, by the following vote:

**AYES:** Council Members Kalinowski, Rocha, Agopian and Mayor Pro Tem Harper

**NOES:** None

**ABSENT:** Mayor Davis

*for* Christina Garcia  
**DENISE SKAGGS, CITY CLERK**

