



HEALTHY EATING ACTIVE LIVING CITY RESOLUTION

PURPOSE AND INTRODUCTION

Cities and their residents face increased health care costs and diminished quality of life due to the epidemic of obesity. 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.

INSTRUCTIONS

The following draft resolution is written to provide a menu of potential HEAL Cities Campaign policies. Cities are encouraged to modify the resolution based on local conditions and to the policy actions suitable for their city at this time.

All California cities which adopt policies encouraging physical activity and good nutrition are eligible to be a Healthy Eating Active Living City and upon review and approval, become eligible for public relations and marketing resources including use of the HEAL Cities logo.

Please contact the campaign and share your adopted resolution and supporting policies.

www.healcitiescampaign.org

RESOLUTION NO. 12-031

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 encouraged California cities to adopt preventative measures to fight obesity; and

WHEREAS, on November 18, 2011, the League of CA 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 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 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

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

NOW, THEREFORE, LET IT BE RESOLVED that the City Council hereby recognize that obesity is a serious public health threat to the health and wellbeing of adults, children and families in Cupertino. 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, Cupertino adopts in concept this Healthy Eating Active Living resolution:

I. Built Environment

BE IT FURTHER RESOLVED that Cupertino planners, engineers, park and recreation department, and city personnel responsible for the design and construction of parks, neighborhoods, streets, and business areas, should make every effort to:

- 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 health foods;

II. Employee Wellness

BE IT FURTHER RESOLVED that in order to promote wellness within Cupertino, and to set an example for other businesses, Cupertino pledges to adopt and implement an employee wellness policy that will:

- Offer employee health incentives for healthy eating and physical activity¹;
- Accommodate breastfeeding employees upon their return to work;
- Encourage walking meetings and use of stairways.

PASSED AND ADOPTED at a regular meeting of the City Council of the City of Cupertino this 3rd day of April, 2012 by the following vote:

| <u>Vote</u> | <u>Members of the City Council</u> |
|-------------|--------------------------------------|
| AYES: | Santoro, Mahoney, Chang, Sinks, Wong |
| NOES: | None |
| ABSENT: | None |
| ABSTAIN: | None |

ATTEST:

APPROVED:

/s/Grace Schmidt

/s/Mark Santoro

Grace Schmidt, Acting City Clerk

Mark Santoro, Mayor, City of Cupertino