

**RESOLUTION NO. 12-07**

**A RESOLUTION OF THE CITY COUNCIL OF THE CITY OF AVALON  
REGARDING THE LEAGUE OF CALIFORNIA CITIES'  
COMMITMENT TO OBESITY PREVENTION**

**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 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 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;

**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

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

NOW, THEREFORE, that the City Council of the City of Avalon does resolve as follows:

**Section 1. Built Environment.** That the City of Avalon planners, engineers, park and recreation department, community economic and redevelopment 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;
- Facilitate the citing of new grocery stores, community gardens and farmers markets in underserved communities to increase access to healthy food, including fresh fruits and vegetables;
- Expand community access to indoor and outdoor public facilities through joint use agreements with schools and/or other partners.
- Include health goals and policies related to physical activity and access to healthy food in the general plan update;

**Section 2. Employee Wellness.** That in order to promote wellness within the City of Avalon, and to set an example for other businesses, the City of Avalon pledges to adopt and implement an employee wellness policy that will:

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

**Section 3. Health Food Access.** That the City of Avalon encourages restaurants doing business in the City of Avalon to:

- Disclose the calorie amount and grams of fat for each menu item listed on a menu or menu board in a clear and conspicuous manner.
- Remove foods containing artificial trans fat from their menu offering.

Restaurants and food retailers that promote healthy food choice in the above manners be recognized by the city and will be entitled to display a City of Avalon Healthy Eating Active Living logo.


PASSED and ADOPTED at a regular meeting of the City Council on the 6th day of March, 2012 by the following vote:

AYES: Mayor Kennedy, Councilmember Ponce and Rikalo

NAYS: Councilmembers Winslow and Morrow

ABSENT: None

ABSTAIN: None



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Robert Kennedy, Mayor

ATTEST:



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Denise Radde, City Clerk