

CITY OF RANCHO CORDOVA

RESOLUTION NO. 26-2012

**A RESOLUTION OF THE CITY COUNCIL OF THE CITY OF RANCHO CORDOVA
APPROVING THE HEALTHY EATING ACTIVE LIVING (HEAL) CITIES PROGRAM**

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, 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, 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, obesity takes a tremendous toll on the health and productivity of all Californians, and the annual cost to California in medical bills, workers compensation and lost productivity for overweight, obesity, and physical inactivity exceeds \$41 billion; and

WHEREAS, local land use policy governs development of the built environment and can influence and promote physical activity; and

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

WHEREAS, the City of Rancho Cordova has demonstrated its commitment to the health of our community through programs such as "20 Tons in 2010"; and

WHEREAS, the Rancho Cordova community has supported the efforts of Soil Born Farms and its educational programs on food production and healthy eating; and

WHEREAS, the City of Rancho Cordova has a long established policy of promoting the health and wellness of City staff members.

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

BE IT FURTHER RESOLVED that the City of Rancho Cordova planners, engineers and community personnel responsible for the design and construction of neighborhoods, streets, and business areas, should make every effort to:

- A. Prioritize capital improvements projects to increase the opportunities for physical activity in existing areas;
- B. Plan and construct a built environment that encourages walking, biking and other forms of physical activity;
- C. Address walking and biking connectivity between residential neighborhoods and schools, parks, recreational resources, and retail;
- D. 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;
- E. Expand community access to indoor and outdoor public facilities through joint use agreements with schools and/or other partners;
- F. Promote increased opportunities for physical activity whenever possible, including through the design of compact, mixed-use and transit-oriented development; and
- G. Build incentives for development project proposals to demonstrate favorable impact on resident and employee physical activity and access to healthy foods.

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

- A. Establish opportunities for physical activity within the regular course of the work week;
- B. Accommodate breastfeeding employees upon their return to work;
- C. Encourage walking meetings and use of stairways.

BE IT FURTHER RESOLVED that the City of Rancho Cordova encourages and promotes access to healthy foods for residents within the community through:

- A. Promotion and support of farmer's markets within the City.
- B. Support Soil Born Farms in its efforts to educate the community on healthy food production and to provide healthy foods to the community.


PASSED AND ADOPTED by the City Council of the City of Rancho Cordova on the 2nd day of April, 2012 by the following vote:

AYES: McGarvey, Cooley, Skoglund, Budge, and Mayor Sander

NOES: None

ABSENT: None

ABSTAIN: None



David M. Sander, Mayor

ATTEST:



Mindy Cuppy, CMC, City Clerk