

RESOLUTION NO. 4469

A RESOLUTION OF THE CITY COUNCIL OF THE CITY OF ARROYO GRANDE AUTHORIZING PARTICIPATION IN THE HEALTHY EATING ACTIVE LIVING (HEAL) CITIES CAMPAIGN

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; 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 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 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; 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.

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NOW, THEREFORE, BE IT RESOLVED that the City Council of the City of Arroyo Grande authorizes participation in the Healthy Eating Active Living (HEAL) Cities Campaign and does hereby recognize and endorse the following policy goals of the Healthy Eating Active Living resolution:

BE IT FURTHER RESOLVED that all City of Arroyo Grande staff responsible for the design and construction of parks, neighborhoods, streets, and business areas should make every effort to:

- Prioritize capital improvement projects to increase the opportunities for physical activity;
- 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; and
- Revise comprehensive plans and zoning ordinances to increase opportunities for physical activity wherever and whenever possible, including complete streets policies, compact, mixed-use and transit-orientated development.

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

- Encourage walking meetings and the use of stairways;
- Encourage and facilitate exercise and physical activity during breaks and before and after work;
- Allow time for stretching at the beginning of the day, before strenuous tasks, and throughout the day;
- Allow City facilities to be used for exercise programs to be offered to City employees after work;
- Allow Fire Department shower facilities to be used by employees participating in lunch-hour exercise activities;
- Encourage the provision of nutritional foods at City and employee activities and events; and
- Accommodate breastfeeding employees upon their return to work;

BE IT FURTHER RESOLVED, that the City of Arroyo Grande planners and all other personnel responsible for the design of parks, neighborhoods, streets, and business areas should make every effort to:

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- Facilitate the development of new grocery stores, community gardens, and farmers markets in underserved areas to increase access to healthy food, including fresh fruits and vegetables;
- Encourage increase of opportunities for access to nutritional foods wherever and whenever possible, including prioritizing nutritional food retail development in policies, proposals, and projects;
- Include nutritional goals and policies related to access to nutritional food in the General Plan update.

On motion of Council Member Guthrie, seconded by Council Member Costello, and on the following roll call vote, to wit:

AYES: Council Members Guthrie, Costello, Ray, Brown, and Mayor Ferrara

NOES: None

ABSENT: None

The foregoing Resolution was passed and adopted this 10th day of July 2012.

OFFICIAL CERTIFICATION

I, **KITTY NORTON**, Deputy City Clerk of the City of Arroyo Grande, County of San Luis Obispo, State of California, do hereby certify under penalty of perjury, that Resolution No. 4469 is a true, full, and correct copy of said Resolution passed and adopted at a regular meeting of the City Council/Successor Agency to the Dissolved Arroyo Grande Redevelopment Agency of the City of Arroyo Grande on the 10th day of July 2012.

WITNESS my hand and the Seal of the City of Arroyo Grande affixed this 11th day of July 2012.



KITTY NORTON, DEPUTY CITY CLERK