

**RESOLUTION NO. 12-07-17-04**

**A RESOLUTION OF THE CITY COUNCIL OF THE CITY OF  
DANA POINT, CALIFORNIA, DESIGNATING THE CITY OF  
DANA POINT TO BECOME A HEALTHY EATING ACTIVE  
LIVING (HEAL) CITY**

BE IT RESOLVED that the City Council of the City of Dana Point does hereby order and determine as follows:

WHEREAS, the League of California Cities has a strategic goal to promote and develop safe and healthy cities; 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 diseases; 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, the current generation of children are expected to have shorter lives than their parents due to the consequences of obesity; and

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; and

WHEREAS, the City of Dana Point, through its General Plan Land Use Policies, Parks, Recreation, and Open Space Master Plan, Strategic Plan, Bicycle and Pedestrian Trails Master Plan, park resources, trails, bike pathways, open spaces, and community building facilities has the unique ability to positively affect the health of the Dana Point community now and in the future.

NOW, THEREFORE, the City Council of the City of Dana Point DOES HEREBY RESOLVE as follows: that obesity is a serious public health threat to the health and well-being of adults, children, and families in the City of Dana Point. While individual lifestyle changes are necessary, significant societal and environmental changes are needed to support individual efforts to make healthier choices. To that end, the City of Dana Point adopts this Healthy Eating Active Living Resolution:

## SECTION 1. BUILT ENVIRONMENT

BE IT FURTHER RESOLVED, that the City of Dana Point planners, engineers, community services, and community development personnel responsible for the design and construction of parks, neighborhoods, streets, and business areas, should endeavor 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 activity;
- Address walking and biking connectivity between residential neighborhoods and schools, parks, recreational resources, and retail;
- Facilitate the citing of community gardens and farmers markets 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;
- Revise comprehensive plans and zoning ordinances to increase opportunities for physical activity and access to healthy foods wherever and whenever possible, including compact, mixed-use and transit-oriented development, and;
- Build incentives for development and project proposals to demonstrate favorable impact on resident and employee physical activity and access to healthy foods;

## SECTION 2. EMPLOYEE WELLNESS

BE IT FURTHER RESOLVED, that in order to promote wellness within the City of Dana Point and to set an example for other businesses, the City of Dana Point pledges to continue and improve its employee wellness program. Within six months, of adoption of the Resolution, the City of Dana Point will consider an additional employee policy that will:

- Encourage physical activity during breaks and lunch periods.
- Encourage use of City Employee Fitness Center
- Offer stress management and wellness workshops.

## SECTION 3. HEALTHY FOOD ACCESS

BE IT FURTHER RESOLVED that the City of Dana Point encourages healthy eating through the support and promotion of weekly farmers' markets, which provide fresh fruit and vegetables to the community.

BE IT FURTHER RESOLVED that the City of Dana Point encourages restaurants doing business in Dana Point to consider making information available regarding the calorie

amount and grams of fat for each menu item listed on a menu or menu board in a clear and conspicuous manner.

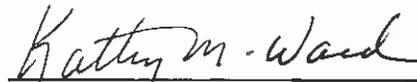
BE IT FURTHER RESOLVED that the City of Dana Point encourages food retailers doing business in Dana Point to consider featuring healthy check-out lanes free of high density foods;

BE IT FURTHER RESOLVED that restaurants and food retailers that promote healthy food choice in the above manners may be recognized by the City and will be entitled to display the Healthy Eating Active Living logo.

PASSED, APPROVED, AND ADOPTED by the City Council of the City of Dana Point at its regular meeting held on the 17<sup>th</sup> day of July 2012.

  
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LARA ANDERSON, MAYOR

ATTEST:

  
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KATHY M. WARD, CITY CLERK

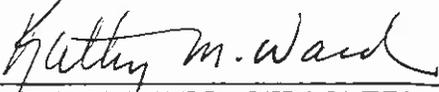
STATE OF CALIFORNIA )  
COUNTY OF ORANGE ) ss  
CITY OF DANA POINT )

I, KATHY M. WARD, City Clerk of the City of Dana Point, California do hereby certify that the foregoing Resolution No. 12-07-17-04 was duly adopted and passed at a regular meeting of the City Council on the 17th day of July, 2012, by the following vote to wit:

AYES: Council Member Bartlett, Schoeffel, Mayor Pro Weinberg, and Mayor Anderson

NOES: Council Member Brough

ABSENT: None

  
KATHY M. WARD, CITY CLERK