

RESOLUTION NO. 2012-3132

A RESOLUTION OF THE CITY COUNCIL OF THE CITY OF MOORPARK, CALIFORNIA, ELECTING TO BECOME A HEALTHY EATING ACTIVE LIVING (HEAL) CITY AND RESCINDING RESOLUTION NO. 2008-2678

WHEREAS, the City of Moorpark has a strong interest and commitment to provide an all-encompassing environment that is conducive to the health of all residents of the community through providing healthier lifestyle opportunities through diet, nutrition, community planning, and a variety of physical activities; and

WHEREAS, in 2004, the League of California Cities adopted a resolution to encourage cities to embrace policies that facilitate activities to promote healthier lifestyles and communities; and

WHEREAS, on January 16, 2008 the City of Moorpark passed and adopted a Healthy City Policy Resolution No. 2008-2678 for the City of Moorpark; 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 on February 2, 2011 the City Council of the City of Moorpark signed a proclamation of support for the campaign; and

WHEREAS, in November 2011, the League of California Cities Board of Directors unanimously voted to encourage 100% 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 health conditions including diabetes, heart disease, cancer, arthritis, stroke, and hypertension; and

WHEREAS, one in four California youth between the ages of 9 and 16 is overweight, and more specifically, according to the 2010-11 California Physical Fitness Report, ~21% of Moorpark students in grades 5, 7, and 9 that were tested need improvement in Aerobic Capacity and ~36% need improvement in Body Composition; and

WHEREAS, more children are being diagnosed with diseases linked to being overweight or obese which were previously seen only in adults, such as Type 2 diabetes and heart disease which in effect is causing predictions of the current generation of children having shorter life spans than their parents due to these consequences; and

WHEREAS, teens and adults who consume one or more sodas or sugar sweetened beverages per day are more likely to be overweight or obese, and studies

show that over 50% of children and adolescents between the ages of 2 and 17 and over 20% of adults drink one or more soda's or sugary drinks per day; and

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

WHEREAS, the City of Moorpark has chosen to be a leader in healthy lifestyle options by increasing the walk-ability of the City, creating bike lanes and a comprehensive trail system, and continues to offer a variety of physical activities; and

WHEREAS, the City Council recognizes that obesity is a serious public threat to the health and well-being of adults, children and families in the City of Moorpark. While individual lifestyle changes are necessary, individual effort alone is not sufficient in combating obesity. Significant societal and environmental changes are needed to support individual efforts to make healthier choices.

NOW, THEREFORE, THE CITY COUNCIL OF THE CITY OF MOORPARK HEREBY RESOLVES AS FOLLOWS:

SECTION 1. Built Environment. The City of Moorpark shall make every attempt to build an environment conducive to healthy living by:

- Planning and constructing a built environment that encourages walking, biking and other forms of physical activity; and
- Addressing walking and biking connectivity between residential neighborhoods and schools, parks, recreational resources, and retail; and
- Expanding community access to indoor and outdoor public facilities for physical activity through joint use agreements with schools and/or other partners; and
- Striving to offer more programs and activities that promote physical activity, good nutrition, and/or are fun and exciting and promote a healthy lifestyle; and
- Ensuring that healthy living activities are properly and effectively promoted; and
- Providing healthy choices for food and drinks at all City youth-oriented facilities with food and/or drink vending machines shall dispense using Senate Bill 19 (Escutia, 2001) guidelines:

For Food and Snacks:

- a) Have no more than 35% of its calories from fat; and
- b) Have no more than 10% of its calories from saturated fat; and
- c) Be no more than 35% sugar by weight.

For Beverages:

- a) Beverages must be fruit based drinks that are composed of no less than 50% fruit juices and have no added sweeteners; sanitary drinking water; milk (full, soy, lactose-free, etc.); and electrolyte replacement beverages; and
- b) Flavored milk must be no more than 35% sugar by weight.

SECTION 2. Employee Wellness. The City of Moorpark shall promote employee wellness within the City by:

- Accommodating breastfeeding employees upon their return to work; and,
- Encouraging walking during meal periods as well as encouraging and supporting proper stretching throughout the work day.

The City of Moorpark shall also evaluate the feasibility of setting nutrition standards for food offered at city events, city sponsored meetings, served at city facilities and city concessions, and city programs.

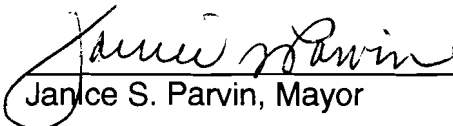
SECTION 3. Healthy Food Access. The City of Moorpark strives to make healthy food access available to all residents and resident workers within the city by:

- Facilitating the siting of new grocery stores, community gardens, and farmers markets near underserved communities to increase access to healthy food; and
- Facilitating healthy guidelines for vending machines located within City facilities as well as requiring meals and snacks provided at youth City-sponsored programs meets nutrition guidelines that conform to standards defined in Senate Bill (SB) 19.


SECTION 4. City Council Resolution No. 2008-2678 is here by rescinded.

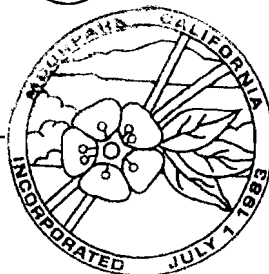
SECTION 5. The City Clerk shall certify to the adoption of the resolution and shall cause a certified resolution to be filed in the book of original resolutions.

PASSED AND ADOPTED this 3rd day of October, 2012.

  
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Janice S. Parvin, Mayor

ATTEST:

  
\_\_\_\_\_  
Maureen Benson, City Clerk



STATE OF CALIFORNIA                    )  
COUNTY OF VENTURA                 )  
CITY OF MOORPARK                    )        ss.

I, Maureen Benson, City Clerk of the City of Moorpark, California, do hereby certify under penalty of perjury that the foregoing Resolution No. 2012-3132 was adopted by the City Council of the City of Moorpark at a regular meeting held on the 3rd day of October, 2012, and that the same was adopted by the following vote:

AYES:       Councilmembers Mikos, Millhouse, Pollock, Van Dam, and Mayor Parvin  
NOES:       None  
ABSENT:     None  
ABSTAIN:   None

WITNESS my hand and the official seal of said City this 10th day of October, 2012.

*Maureen Benson*  
\_\_\_\_\_  
Maureen Benson, City Clerk  
(seal)

