

**RESOLUTION NO. 2012-\_\_\_\_\_**

**A RESOLUTION OF THE CITY COUNCIL OF THE CITY OF  
POMONA DECLARING THAT THE CITY SHALL BECOME A  
HEALTHY EATING ACTIVE LIVING (HEAL) CITY**

**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**, 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 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 overweight and obesity previously seen only in adults, such as Type 2 diabetes and heart disease ; and

**WHEREAS**, according to the 2010 California Department of Education school fitness results, 15.8% of 5<sup>th</sup> graders, 22.1% of 7<sup>th</sup> graders and 27.9% of 9<sup>th</sup> graders in Pomona meet all fitness standards; and

**WHEREAS**, Pomona is ranked 18<sup>th</sup> in Overweight and Obesity Amongst Children by California Cities; and

**WHEREAS**, obesity takes a tremendous toll on the health, productivity of all Californians;

**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, BE IT RESOLVED** that the City Council hereby recognizes that obesity is a serious public health concern to the wellbeing of youth and families in the City of Pomona. While individual health relies on certain necessary lifestyle changes, the City plays a significant role in recognizing and addressing the influence of community factors on health including: local access to healthy foods, safe places to play and be active and opportunities for people to walk and bike within their neighborhoods. .

**SECTION 1.** The City Council recognizes the important role in obesity prevention and the influence of community factors on health. The City of Pomona can improve the physical activity and food environments and contribute to healthy living among their employees and residents through land use and built environment, healthy food access and employee wellness.

## **I. LAND USE AND BUILT ENVIRONMENT**

**BE IT FURTHER RESOLVED** that the City of Pomona planners, engineers, community services and community development personnel be responsible for the development, design and use of parks, neighborhoods, streets, and business areas to support healthy living through:

- Prioritize capital improvements projects to increase the opportunities for physical activities in existing areas; and
- Include a health element in the general plan update; and
- Adopt a city wide Safe Routes to School (SRTS) plan in partnership with the Pomona Unified School District; and
- Adopt a comprehensive Active Transportation Plan (ATP) including bike and pedestrian plans; and
- Continue to develop bike lanes and walking trails; and
- Continue to provide and maintain the twenty six neighborhood parks for outdoor recreational activities that encourage walking, biking and other forms of physical activity; and
- Continue to partner with community organizations to offer recreational youth and adult sports leagues within those Parks; and
- Continue to offer and maintain equipment at the City's parks including: 22 basketball courts, 12 soccer fields, 13 baseball/softball fields, 9 tennis courts, 2 swimming pools and 25 sets of play equipment; and
- Promote and partner on health related community events such as Ciclavia, and health and resource fairs; and
- Continue to encourage mixed-use and transit-oriented development; and

## **II. HEALTHY FOOD ACCESS**

The City of Pomona will continue to promote healthy eating access through:

- Support existing farmers' markets and the creation of new healthy food access points; and
- Continue to facilitate the development of new farmers markets to increase access to healthy food,
- Ensure that only healthy snacks are provided at recreational centers; and
- Identify healthy food outlets and stores.

## **III. EMPLOYEE WELLNESS**

The City of Pomona will promote employee health and wellbeing through:

- Provide all employees access to the Employee Assistance Program; and
- Support the Bike to Work Day, which encourages employees to use an alternate form of transportation for the day; and
- Encourage walking meetings and use of stairways; and
- Offer healthy food choices in vending machines located in City Hall; and
- Encourage healthy food offerings at city events, meetings and programs; and
- Encourage and promote participation in weekly fitness walks and classes.

**BE IT FURTHER RESOLVED** that the head of each affected agency or department should report back to the City Council via the City Manager annually regarding steps taken to implement the Resolution, additional steps planned, and any desired actions that would be recommended to City Council.

**SECTION 2.** The City Clerk shall attest and certify to the passage and adoption of this resolution and it shall become effective immediately upon its approval.

**PASSED AND APPROVED THIS 15th DAY OF OCTOBER, 2012.**

**ATTEST:**

**CITY OF POMONA:**

\_\_\_\_\_  
Marie Michel Macias, City Clerk

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Elliott Rothman, Mayor

**APPROVED AS TO FORM:**

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Arnold Alvarez-Glasman, City Attorney

STATE OF CALIFORNIA  
COUNTY OF LOS ANGELES  
CITY OF POMONA

I, MARIE MICHEL MACIAS, CITY CLERK of the City of Pomona do hereby certify that the foregoing Resolution was adopted at a regular meeting of the City Council of the City of Pomona held on the 15<sup>th</sup> day of October, 2012 by the following vote:

AYES: COUNCILMEMBERS:  
NOES: COUNCILMEMBERS:  
ABSENT: COUNCILMEMBERS:  
ABSTAIN: COUNCILMEMBERS:

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Marie Michel Macias, City Clerk