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1 RESOLUTION NO. RES-12-0026

2
3 A RESOLUTION OF THE CITY COUNCIL OF THE
4 CITY OF LONG BEACH SETTING FORTH LONG BEACH'S
5 COMMITMENT TO OBESITY PREVENTION
6

7 WHEREAS, in 2004, the League of California Cities adopted an Annual
8 Conference resolution to encourage cities to embrace policies that facilitate activities to
9 promote healthier lifestyles and communities, including healthy diet and nutrition and
10 adoption of city design and planning principles that enable citizens of all ages and
11 abilities to undertake exercise; and

12 WHEREAS, the League of California Cities has a strategic goal to promote
13 and develop safe and healthy cities; and

14 WHEREAS, in July 2010 the League of California Board of Directors
15 resolved to partner with and support the national *Let's Move Campaign*, and encourages
16 California cities to adopt preventative measures to fight obesity; and

17 WHEREAS, more than half of California's adults are overweight or obese
18 and therefore at risk for many chronic conditions including diabetes, heart disease,
19 cancer arthritis, stroke, and hypertension; and

20 WHEREAS, one in four youth between the ages of 9 and 16 in California is
21 overweight; and

22 WHEREAS; 29.1% of children in grades 5, 7 and 9 in Long Beach were
23 overweight; and

24 WHEREAS, more children are being diagnosed with diseases linked to
25 overweight and obesity previously seen only in adults, such at Type 2 diabetes and heart
26 disease; and

27 WHEREAS, the current generation of children are expected to have shorter
28 lives than their parents due to the consequences of obesity; and

1 WHEREAS, obesity takes a tremendous toll on the health and productivity
2 of all Californians; and

3 WHEREAS, the annual cost to California in medical bills, workers
4 compensation and lost productivity, for overweight, obesity, and physical inactivity
5 exceeds \$41 billion; and

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

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

10 NOW, THEREFORE, the City Council of the City of Long Beach resolves as
11 follows:

12 Section 1. That the City Council of the City of Long Beach hereby
13 recognizes that obesity is a serious public health threat to the health and well-being of
14 adults, children, and families in Long Beach. While individual lifestyle changes are
15 necessary, individual effort alone is insufficient to combat obesity's rising tide. Significant
16 societal and environmental changes are needed to support individual efforts to make
17 healthier choices.

18 Section 2. That the City of Long Beach planners, engineers, park and
19 recreation department personnel responsible for the design and construction of parks,
20 neighborhoods, streets, and business areas, should make effort to:

21 A. Build capital improvements projects to increase the
22 opportunities for physical activity in existing areas;

23 B. Plan and construct a built environment that encourages
24 walking, biking and other forms of physical activity;

25 C. Encourage walking and biking connectivity between
26 residential neighborhoods and schools, parks, recreational resources, and
27 retail;

28 D. Promote the citing of new grocery stores, community gardens

1 and farmers markets in underserved communities to increase access to
2 healthy food, including fresh fruits and vegetables;

3 E. Collaborate on community access to indoor and outdoor
4 public facilities through joint use agreements with schools and/or other
5 partners;

6 F. Include policies in comprehensive plans and zoning
7 ordinances and the General Plan to increase opportunities for physical
8 activity and access to health foods wherever and whenever possible,
9 including compact, mixed-use and transit-oriented development; and

10 G. Examine racial, ethnic, and socio-economic disparities in
11 access to healthy foods and physical activity facilities or resources and
12 adopt strategies to remedy these inequities.

13 Section 3. That in order to promote wellness within Long Beach, and to
14 set an example for other businesses, the City of Long Beach will encourage employees
15 to:

- 16 A. Eat healthy and engage in physical activity;
17 B. Accommodate breastfeeding employees upon their return to
18 work; and
19 C. Encourage walking meetings and use of stairways.

20 Section 4. That the City of Long Beach encourages restaurants doing
21 business in Long Beach to:

- 22 A. Disclose the calorie amount and grams of fat for each menu
23 item listed on a menu or menu board in a clear and conspicuous manner;
24 and
25 B. Remove foods containing artificial trans fat from their menu;

26 Section 5. That the City of Long Beach encourage food retailers doing
27 business in Long Beach to prominently feature healthy check-out lanes free of high
28 density foods.

