

RESOLUTION NO. 2012-079

A RESOLUTION OF THE CITY COUNCIL OF THE CITY OF BREA TO BECOME A HEALTHY EATING ACTIVE LIVING (HEAL) CITY

A. RECITALS:

- (i) 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
- (ii) The League of California Cities has a strategic goal to promote and develop safe and healthy cities; and
- (iii) 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
- (iv) More than half of California's adults are overweight or obese and therefore at risk for many chronic conditions including diabetes, heart disease, and cancer, arthritis, stroke and hypertension; and
- (v) One in four youth between the ages of 9 and 16 in California is overweight including 28% of 5th, 7th, and 9th graders in Brea; and
- (vi) 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
- (vii) The current generation of children are expected to have shorter lives than their parents due to the consequences of obesity; and
- (viii) Obesity takes a tremendous toll on the health, productivity of all Californians; and
- (ix) The annual cost to California – in medical bills, workers compensation and lost productivity – for overweight, obesity and physical inactivity exceeds \$41 billion; and

- (x) Teens and adults who consume one or more sodas or sugar sweetened beverages per day are more likely to be overweight or obese; and
- (xi) By supporting the health of residents and the local workforce would decrease chronic disease and health care costs and increase productivity; and
- (xii) The City of Brea already embraces the concepts behind this Resolution, through various programs/services offered by the Community Services Department, park resources, Community Center, Fitness Center, trails, bike lanes, open spaces, community-building facilities, and access to healthy foods, the City has the unique ability to positively affect the health of the Brea community now and in the future.

B. RESOLUTION:

NOW, THEREFORE, LET IT BE RESOLVED that the City Council of Brea hereby recognizes that obesity is a serious public health threat to the health and wellbeing of adults, children and families in the City of Brea. While individual lifestyle changes are necessary, individual effort alone is insufficient to combat obesity's rising tide. Significant societal and environmental changes are needed to support individual efforts to make healthier choices. To that end, the City of Brea adopts this Healthy Eating Active Living resolution:

I. LAND USE AND BUILT ENVIRONMENT

That the City of Brea planners, engineers, and community services and community development personnel 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 activities in existing areas; and
- Continue to provide and maintain trails and neighborhood parks for outdoor recreational activities that encourage walking, biking and other forms of physical activity; and
- Continue to offer a full complement of year round recreational youth and adult sports leagues and exercise classes; and
- Continue to offer and maintain all equipment at the City's ten neighborhood parks; and
- Continue to provide and maintain the Brea Senior Center and a full range of programming that aims at promoting healthy lifestyles to the senior citizens of the community; and
- Continue to encourage mixed-use development; and

- Continue to provide public use of the City's Municipal pool, the Brea Plunge.

II. EMPLOYEE WELLNESS

That in order to promote wellness within the City of Brea, and to set an example for other businesses, the City of Brea pledges to adopt and implement an employee wellness policy that:

- Provide all employees access to the Employee Assistance Program; and
- Continue to host an Employee Health Fair and have multiple vendors there to perform various health screenings; and
- Continue and maintain a facility where current employees can maintain fitness; and
- Encourage and promote participation in fitness classes/programs at the Brea Fitness Center housed within the Brea Community Center.

III. HEALTHY FOOD ACCESS

That the City of Brea will continue to provide healthy eating access through:

- Ensure that healthy snack vending machines are available at the Brea Community Center; and
- On-site congregate meal program providing 80 to 160 nutritious and healthful meals to older adults everyday; and
- Delivery of nutrition meals for homebound senior citizens; and
- Offering healthy cooking programs through the Brea Afterschool Program.

IV. IMPLEMENTATION

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.

APPROVED AND ADOPTED this 18th day of December, 2012.

ATTEST:



City Clerk



Mayor

I, Cheryl Balz, City Clerk of the City of Brea, do hereby certify that the foregoing Resolution was adopted at a regular meeting of the City Council of the City of Brea, held on the 18th day of December, 2012, by the following vote:

AYES: COUNCIL MEMBERS: Marick, Moore, Simonoff, Murdock, Garcia

NOES: COUNCIL MEMBERS: None

ABSENT: COUNCIL MEMBERS: None

ABSTAIN: COUNCIL MEMBERS: None

DATED: December 20, 2012



City Clerk