

RESOLUTION NO. 13-64

A RESOLUTION OF THE CITY COUNCIL OF THE CITY OF DALY CITY
SETTING FORTH DALY CITY'S COMMITMENT TO WORKSITE WELLNESS

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 CA Cities Board of Directors unanimously voted to encourage 100% board participation in the HEAL Cities Campaign; and

WHEREAS, the League Partner Program supports cities in building a culture of health and improving employee wellness; and

WHEREAS, healthy, productive employees are among cities' greatest assets and are vital to cities' success, and that improving employee health and safety could lead to fewer sick days, lower employee turnover, a better safety record, higher performance, and a positive work attitude, 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 annual cost to California—in medical bills, workers compensation and lost productivity— for overweight, obesity, and physical inactivity exceeds \$50 billion; and

WHEREAS, by supporting the health of the municipal workforce, the personal and municipal costs associated with obesity and chronic disease could be decreased; and

WHEREAS, the City formed a Wellness Committee in September 2012 consisting of Wellness Champions from each department to continuously devise new strategies to promote health and wellness in and around the community.

WHEREAS, the City Council of the City of Daly City adopted a Wellness Policy on November 13, 2012 to not only memorialize the health and wellness initiative the City has already set forth through a number of internal programs and endeavors but to declare its position on healthy beverage standards, healthy food guidelines, healthy movement and mental health.

WHEREAS, as the City with the third largest childhood obesity rate in San Mateo County, it is our goal to continuously make efforts to reduce that number citywide. Therefore, the City of Daly City is committed to offering sustainable long-term solutions by exploring healthy vending to improve food and beverage environments within the organization and community.

WHEREAS, in February 2013, the City of Daly City has launched a pilot healthy vending machine program in City Hall, eliminating sugar-sweetened beverages and high caloric snacks. Contingent upon the success of the pilot program, all current vending machines located on City property will be eliminated and replaced with healthy vending machines.

WHEREAS, on May 15, 2013, the City will host its first Annual Employee Walkathon to promote healthy movement within the organization.

NOW, THEREFORE, LET IT BE RESOLVED that the City Council hereby recognizes that workplace wellness programs and policies are necessary to support employee health. To that end, the City of Daly City adopts this Healthy Eating Active Living resolution:

- Offer beverages in accordance with the Daly City Health Beverage Guidelines established in the City's Wellness Policy at all Daly City sponsored and/or coordinated meetings and events, both in the community and work site.
- Provide access to free, safe drinking water wherever beverages are offered or sold.
- Offer food selections that emphasize fruits, vegetables, whole grains and nonfat or low fat dairy products at all Daly City sponsored and/or coordinated meetings and events, both in the community and work site.
- Set nutrition standards for vending machines located on city property.
- Create opportunities for movement, such as walking meetings, stretch breaks, or recreational exercise classes throughout the workday.
- Provide a 5-minute physical activity break for every meeting lasting 90 minutes or longer.
- Help employees build physical activity into their day by getting to/from work via public transit, walking, and/or biking.

I hereby certify the foregoing to be a true copy of a Resolution adopted by the City Council of Daly City, California, at a regular meeting thereof held on the 13th day of May, 2013, by the following vote of the members thereof:

AYES, and in favor thereof, Councilmember: Canepa, Guingona, Klatt

Torres, Buenaventura

NOES, Councilmember: None

ABSENT, Councilmember: None


CITY CLERK OF THE CITY OF DALY CITY

APPROVED:

RAYMOND A. BUENAVENTURA
MAYOR OF THE CITY OF DALY CITY