

RESOLUTION NO. 2013-079

A RESOLUTION OF THE CITY COUNCIL OF THE CITY OF BELMONT SUPPORTING AND PROMOTING HEALTHY EATING, ACTIVE LIVING (HEAL) AND SETTING FORTH THE CITY'S COMMITMENT TO OBESITY PREVENTION

WHEREAS, in 2004, the League of California Cities adopted a resolution which encouraged cities to embrace policies that facilitate activities that promote healthier lifestyles and communities, including healthy diet and nutrition and opportunities 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 Cities 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 Healthy Eating, Active Living (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, the current generation of children are expected to have shorter lives than their parents due to the consequences of obesity; and

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

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

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

WHEREAS, the City of Belmont has adopted Employee Wellness guidelines in an effort to have a more healthy, productive workforce.

NOW, THEREFORE, the City Council of the City of Belmont resolves as follows:

SECTION 1. The City Council recognizes that obesity is a serious public health threat to the health and wellbeing of adults, children, and families in Belmont. While individual lifestyle changes are necessary, individual effort alone is insufficient to combat obesity's rising tide. Significant changes are needed to support individual efforts to make healthier choices. To that end, the City of Belmont hereby resolves to support Health Eating, Active Living (HEAL) and further expresses its support of individual and community efforts that promote healthier lifestyles.

* * *

ADOPTED 23rd day of July 2013, by the City of Belmont City Council by the following vote:

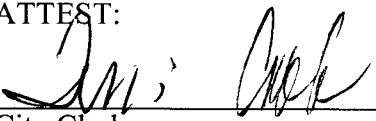
Ayes: Feierbach, Warden, Wozniak

Noes:

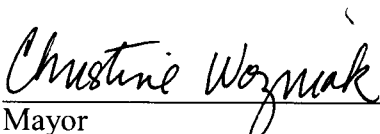
Absent: Braunstein, Lieberman

Abstain:

ATTEST:

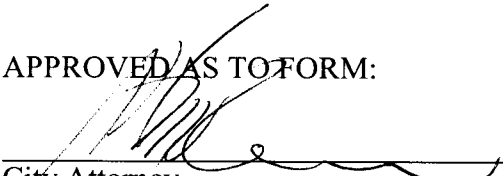


City Clerk



Mayor

APPROVED AS TO FORM:



City Attorney