

**CITY OF HAWAIIAN GARDENS  
RESOLUTION NO. 062-2013**

**A RESOLUTION OF THE CITY COUNCIL OF THE CITY OF HAWAIIAN GARDENS,  
COUNTY OF LOS ANGELES, STATE OF CALIFORNIA, SUPPORTING THE  
HEALTHY EATING ACTIVE LIVING (HEAL) CITIES CAMPAIGN.**

**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**, 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**, according to 2008 Los Angeles County Public Health Office of Epidemiology statistics, the prevalence of childhood obesity in Los Angeles County is 23.0%; and

**WHEREAS**, according to 2008 Los Angeles County Public Health Office of Epidemiology statistics, the prevalence of childhood obesity in the City of Hawaiian Gardens is 33.4%; 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;

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

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

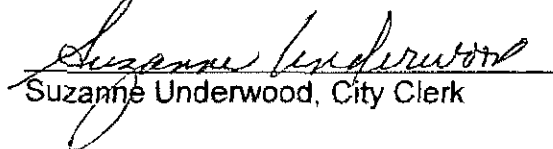
**WHEREAS**, the City of Hawaiian Gardens, ABC Unified School District and Tri-City Regional Medical Center have created a collaborative program to address childhood obesity called Activate Hawaiian Gardens;

**NOW, THEREFORE, LET IT BE RESOLVED** that the City Council hereby recognized that obesity is a serious public health threat to the health and well-being of adults, children and families in Hawaiian Gardens. 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, City of Hawaiian Gardens adopts this Healthy Eating Active Living resolution.

PASSED, APPROVED AND ADOPTED BY THE CITY COUNCIL OF THE CITY OF HAWAIIAN GARDENS ON THIS 27<sup>TH</sup> DAY OF AUGUST 2013.

  
Victor Fafan, Mayor

ATTEST:


  
Suzanne Underwood, City Clerk

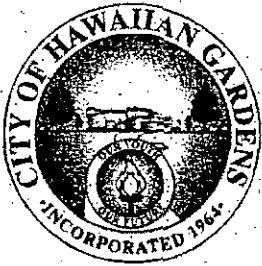
CITY OF HAWAIIAN GARDENS  
CITY CLERK'S OFFICE  
CERTIFICATION

STATE OF CALIFORNIA            )  
COUNTY OF LOS ANGELES    ) SS  
CITY OF HAWAIIAN GARDENS   )

I, SUZANNE UNDERWOOD, City Clerk/Records Manager of the City of Hawaiian Gardens, do hereby certify that **Resolution No. 062-2013**, was duly and regularly passed and adopted by the City Council of the City of Hawaiian Gardens at its meeting on this **27<sup>TH</sup> day of AUGUST 2013**, by the following votes as the same appears on file and of record in the Office of the City Clerk.

**AYES:**           OYAMA-CANADA, RODRIGUEZ, BRUCE, GOMEZ, FARFAN  
**NOES:**           NONE  
**ABSENT:**        NONE  
**ABSTAIN:**       NONE

  
\_\_\_\_\_  
SUZANNE UNDERWOOD  
CITY CLERK/RECORDS MANAGER



**CITY OF HAWAIIAN GARDENS  
CITY COUNCIL  
STAFF REPORT**

Agenda Item No.: C-1

Meeting Date: 8/27/2013

CITY OF HAWAIIAN GARDENS  
City Manager: [Signature]

ACTION:

- Approved  
 Denied  
 Amended  
 Receive & File  
 Other

VOTE: 5-0

DATE: 8/27/2013

TO: Honorable Mayor and Members of the City Council

THROUGH: Ernesto Marquez, City Manager

FROM: Steven J. Gomez, Director of Human Services

SUBJECT: **A RESOLUTION OF THE CITY COUNCIL OF THE CITY OF HAWAIIAN GARDENS, COUNTY OF LOS ANGELES, STATE OF CALIFORNIA, SUPPORTING THE HEALTHY EATING ACTIVE LIVING (HEAL) CITIES CAMPAIGN.**

DATE: August 27, 2013

**SUMMARY**

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. According to 2008 Los Angeles County Public Health Office of Epidemiology statistics, the prevalence of childhood obesity in the City of Hawaiian Gardens is 33.4%. 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. The current generations of children are expected to have shorter lives than their parents due to the consequences of obesity.

In 2004, the League of California Cities adopted a 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. Then, in 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. Finally, in 2011, the League of California Cities Board of Directors unanimously voted to encourage 100% board participation in the HEAL Cities Campaign.

The City of Hawaiian Gardens has taken a proactive approach in an attempt to defeat this epidemic. The city recently partnered with ABC Unified School District and Tri City Regional Medical Center to form *Activate Hawaiian Gardens*. This program allows the agencies and the community to collaborate in an effort to combat childhood obesity. In addition, by supporting the HEAL Cities Campaign, the city would commit to the following:

## I. Built Environment

City of Hawaiian Gardens planners, engineers, public works department, human services department, community development department, and economic development department personnel responsible for the design and construction of parks, neighborhoods, streets, and business areas, should make every effort to:

- Prioritize capital improvements projects to increase the opportunities for physical activity;
- Plan and construct a built environment that encourages walking, biking and other forms of physical activity;
- Address walking and biking connectivity between residential neighborhoods and schools, parks, recreational resources, and retail;
- Expand community access to indoor and outdoor public facilities through joint use agreements with schools and/or other partners
- Revise comprehensive plans and zoning ordinances to increase opportunities for physical activity wherever and whenever possible, including complete streets policies, compact, mixed-use and transit-oriented development;
- Include health goals and policies related to physical activity in the general plan update and specific area plans;
- Build incentives for development project proposals to demonstrate favorable impact on resident and employee physical activity;
- Examine racial, ethnic, and socio-economic disparities in access to healthy foods and physical activity facilities or resources and adopt strategies to remedy these inequities.

## II. Employee Wellness

In order to promote wellness within Hawaiian Gardens, and to set an example for other businesses, The City of Hawaiian Gardens pledges to adopt and implement an employee wellness policy that will:

- Offer employee health incentives for healthy eating and physical activity;
- Establish physical activity breaks for meetings over one hour in length;
- Accommodate breastfeeding employees upon their return to work;
- Encourage walking meetings and use of stairways.
- Set nutrition standards for vending machines located in city owned or leased locations;
- Set nutrition standards for food offered at city events, city sponsored meetings, served at city facilities and city concessions, and city programs.

## III. Healthy Food Access

City of Hawaiian Gardens planners, engineers, public works department, human services department, community development department, and economic development department personnel responsible for the design and of parks, neighborhoods, streets, and business areas, should make every effort to:

- Facilitate the siting of new grocery stores, community gardens and farmers markets in underserved communities to increase access to healthy food, including fresh fruits and vegetables;
- Revise comprehensive plans and zoning ordinances to increase opportunities for access to health foods wherever and whenever possible, including prioritizing healthy food retail in compact, mixed-use and transit-oriented development policies, proposals and projects;
- Include health goals and policies related to access to healthy food in the general plan update;

- Build incentives for development project proposals to increase access to healthy foods by residents and employees;
- Examine racial, ethnic, and socio-economic disparities in access to healthy foods and adopt strategies to remedy these inequities.
- Map existing fast food outlets and draft an ordinance that will place limits on fast food around schools and in neighborhoods with over-concentrations of unhealthy food outlets.

#### **IV. Implementation**

The head of each affected agency or department should report back to the City Council annually regarding steps taken to implement the Resolution, additional steps planned, and any desired actions that would need to be taken by the city council.

#### **RECOMMENDATION**

Staff recommends that the City Council waive further reading and adopt Resolution No. 062-2013.