

RESOLUTION NO. 10473 (2013)

A RESOLUTION OF THE CITY OF SAN LUIS OBISPO RECOGNIZING THE TREMENDOUS PHYSICAL AND FISCAL TOLL OBESITY HAS ON THE COMMUNITY, AND COMMITTING TO PROMOTE A HEALTHIER LIFESTYLE THROUGH DIET, NUTRITION AND EXERCISE BY SUPPORTING CITY PARTICIPATION WITH THE “HEALTHY EATING ACTIVE LIVING” CITIES CAMPAIGN (HEAL)

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, 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, one in three youth between the ages of nine and 16 in California is overweight or obese; and

WHEREAS, more children are being diagnosed with diseases linked to overweight and obesity previously seen only in adults, such as Type Two 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 \$50 billion; and

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

WHEREAS, to date, 151 California Cities joined the HEAL Campaign including Arroyo Grande and Grover Beach; and

WHEREAS, San Luis Obispo County Public Health Department’s HEAL SLO, and HEAL Cities Campaign have partnered to increase healthful eating and regular physical activity

among children in SLO County by working at each level of the socio-ecological model, through policy, behavioral, and environmental changes to promote and support a healthy lifestyle; and,

WHEREAS, HEAL SLO's following goals are the same goals as HEAL Cities Statewide Campaign:

- Increase awareness of healthy eating and physical activity issues and opportunities in San Luis Obispo County.
- Increase access to healthy food and opportunities for healthy eating in San Luis Obispo County.
- Increase access to and opportunities for physical activities in San Luis Obispo County.


WHEREAS, The City of San Luis Obispo offers many amenities including an accessible and beautiful natural setting, attractive housing and commercial development, ample City services, excellent schools, four weekly farmers' markets, safe neighborhoods, numerous bike and trail connections, and state-of-the-art recreation facilities and programs that help the community and children to be active and healthy.

NOW, THEREFORE, BE IT RESOLVED that the City Council of the City of San Luis Obispo hereby supports City participation with the Healthy Eating Active Living (HEAL) Cities Campaign and will seek opportunities to participate in statewide, regional, and local programs and activities to continue support for our citizens' health and wellness.

Upon motion of Council Member Christianson, seconded by Council Member Ashbaugh, and on the following roll call vote:

AYES: Council Members Ashbaugh, Carpenter and Christianson, and Vice Mayor Smith
NOES: None
ABSENT: Mayor Marx

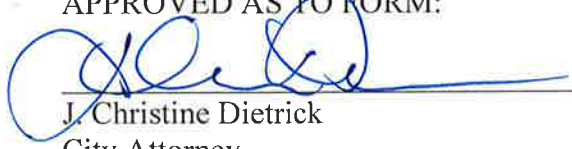
The foregoing resolution was adopted this 5th day of November 2013.



Vice Mayor Kathy Smith

ATTEST:


Anthony J. Mejia, CMC
City Clerk

APPROVED AS TO FORM:


J. Christine Dietrick
City Attorney