

RESOLUTION NO. 10,140

RESOLUTION OF THE CITY COUNCIL OF THE CITY OF
NEWARK APPROVING PARTICIPATION IN THE LEAGUE OF
CALIFORNIA CITIES HEALTHY EATING ACTIVE LIVING
CAMPAIGN (HEAL) INITIATIVE

WHEREAS, in 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, the current generation of children are expected to have shorter lives than their parents due to the consequences of obesity; and

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

WHEREAS, local land use policy governs development of the built environment in which individuals make personal nutrition and physical activity choices; and

WHEREAS, supporting the health of residents and the local work force would decrease chronic disease and healthcare costs and increase productivity.

NOW, THEREFORE, BE IT RESOLVED that the City Council of the City of Newark hereby recognizes that obesity is a serious public health threat to the health and wellbeing of adults, children and families. 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 Council of the City of Newark adopts this Healthy Eating Active Living Resolution; and

BE IT FURTHER RESOLVED that the City of Newark will promote a healthy environment for residents and employees by:

Built Environment and Community Services

- Regularly disseminating information about services available at the Newark Health Center and at other Alameda County health facilities;
- Encouraging private, non-profit, and volunteer organizations to provide or subsidize community health services, such as medical care and crisis intervention treatment;

- Encouraging healthy food options in the city, including a Farmers Market and grocery stores selling fresh produce within one mile of all Newark residents;
- Supporting efforts by the Newark Unified School District to provide healthier food choices in school;
- Encouraging community-wide knowledge and awareness of healthy food choices;
- Setting forth the goal to have three and one half acres of park land for every 1,000 residents across the entire City to provide access to healthy lifestyle living;
- Continuing to provide a comprehensive park and recreation system that maintains thirteen neighborhood and community parks, two large multi-use athletic play fields, eight tennis courts, two night-lighted softball fields, and one indoor activity and aquatic center;
- Providing walking and bicycle paths located throughout the city in order to encourage walking and bicycling as a healthier and more appealing alternative to driving for short distance trips;

Employee Wellness

- Publicizing employee health educational materials and incentives made available by its medical benefit providers;
- Providing on-site employee Flu vaccinations
- Encouraging walking meetings and use of stairways;
- Reasonably accommodating lactating employees;
- Encouraging physical activity breaks for meetings over two hours in length.

I HEREBY CERTIFY the foregoing resolution was introduced at a regular meeting of the City Council of the City of Newark held on October 24, 2013, by Council Member Collazo, who moved its adoption and passage, which motion was carried after being duly seconded, and passed by the following vote:

AYES: Council Members Collazo, Freitas, Marshall, and Vice Mayor Apodaca
NOES: None
ABSENT: Mayor Nagy
SECONDED: Council Member Marshall

APPROVED:



s/ANA M. APODACA

Vice Mayor

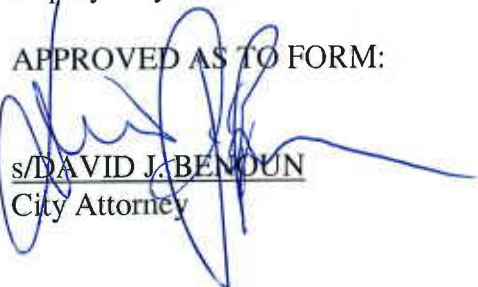
ATTEST:



s/KATHLEEN L. SLAFTER

Deputy City Clerk

APPROVED AS TO FORM:



s/DAVID J. BENDOUN

City Attorney