

RESOLUTION NO. 2013-1 35

A RESOLUTION OF THE CITY COUNCIL OF THE CITY
OF ANAHEIM TO BECOME A HEALTHY EATING
ACTIVE LIVING (HEAL) CITY

WHEREAS, 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

WHEREAS, in 2010, the League of California Cities' Board of Directors resolved to partner with and support the national *Let's Move Campaign*, that encourages California cities to adopt preventative measures to fight obesity; and

WHEREAS, more than half of California's adults are overweight or obese and therefore at risk for many chronic conditions including arthritis, cancer, diabetes, heart disease, hypertension, and stroke; and

WHEREAS, the annual cost to California—in medical bills, workers compensation and lost productivity—related to overweight, obesity, and physical inactivity exceeds \$50 billion per year; and

WHEREAS, one in four youth between the ages of 9 and 16 years in California is overweight, and 43% of Anaheim youth are overweight or obese; and

WHEREAS, the City of Anaheim is committed to creating a healthy culture for all who live, work and play in Anaheim, in collaboration with Anaheim's resident leaders, the Anaheim Family YMCA, Anaheim City School District, Anaheim Union High School District, Disneyland Resort, Kaiser Permanente, and other partners; and

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

WHEREAS, healthy, productive employees are among Anaheim's' greatest assets and are vital to the success of improving employee health and safety that could lead to fewer sick days, lower employee turnover, a better safety record, higher performance, and a positive work attitude, and;

WHEREAS, through new playgrounds, improved connectivity of amenities, trails, bike lanes and built environment improvements, Anaheim residents have more opportunities to engage in daily physical activity.

NOW, THEREFORE, BE IT RESOLVED by the City Council of the City of Anaheim that the City of Anaheim hereby recognizes that obesity is a serious public health threat to the well-being of adults, children and families in the City of Anaheim. While individual lifestyle changes are necessary, individual effort alone is insufficient to combat obesity's rising

tion. Significant societal and environmental changes are needed to support individual efforts to make healthier choices. To that end, the City Council of the City of Anaheim hereby adopts the Healthy Eating Active Living (HEAL) resolution.

BE IT FURTHER RESOLVED by the City Council of the City of Anaheim that, by adopting the Healthy Eating Active Living (HEAL) resolution, the City of Anaheim agrees to, as follows:

- I. Built Environment:
 - Build on the work of the Anaheim Connectivity Plan to prioritize capital improvement projects to increase the opportunities for physical activity throughout the city;
 - Engage in inter-agency collaboration that continues to pursue Federal and State funds, such as Safe Routes to School, to support safe built environments that encourage walking, biking, and other forms of physical activity;
 - Provide Anaheim residents with access to information and services that will help them improve their health and well-being;
 - Continue to promote community engagement in the design of quality parks and community facilities;
 - Continue to provide and maintain trails and parks for outdoor recreational activities that encourage walking, biking, and other forms of physical activity;
 - Continue to offer year-round recreational youth and adult sports opportunities and fitness classes;
 - Continue to encourage connectivity, mixed-use, and transit-oriented development;

- II. Employee Wellness:
 - Continue to provide all City of Anaheim employees with access to the Employee Assistance Program;
 - Continue to support the Anaheim in Motion (AIM) employee wellness program and support employee discounts for exercise and fitness classes offered by the City of Anaheim that encourage physical activity;
 - Continue to encourage and promote walking and use of stairways for City of Anaheim employees;

- III. Healthy Food Access:
 - Build upon the City of Anaheim's Community Garden Project Plan by encouraging residents to establish community gardens in their neighborhoods;
 - Expand the commitment to healthy eating by encouraging the siting of new grocery stores and farmer's markets in underserved communities to increase access to healthy food, including fresh fruits and vegetables; and
 - Encourage healthy food offerings in city sponsored meetings, programs, events and activities, wherever possible.

THE FOREGOING RESOLUTION is approved and adopted by the City Council of the City of Anaheim this 3rd day of September, 2013, by the following roll call vote:

AYES: Mayor Tait, Council Members Eastman, Murray, Brandman and Kring

NOES: None

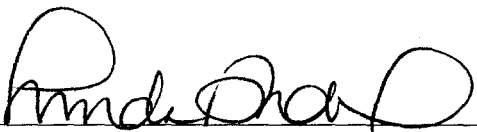
ABSENT: None

ABSTAIN: None

CITY OF ANAHEIM

By: 
MAYOR OF THE CITY OF ANAHEIM

ATTEST:


CITY CLERK OF THE CITY OF ANAHEIM