

RESOLUTION NO. 2175

**A RESOLUTION OF THE CITY COUNCIL OF THE CITY OF FOWLER
ADVOCATING HEALTHY EATING AND ACTIVE LIVING (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, The League of California Cities has a strategic goal to promote and develop safe and healthy cities; 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, More than half of California's adults are overweight or obese; and

WHEREAS, According to the United States Surgeon General, overweight children and adults are at greater risk for numerous adverse health consequences, including stroke, high blood pressure, high cholesterol, certain cancers, asthma, low self-esteem, depression and other debilitating diseases; and

WHEREAS, According to the United States Surgeon General, obesity shortens the average lifespan by at least four to nine months, and if childhood obesity continues to increase, it could reduce life expectancy by five years over the next several decades; and

WHEREAS, Obesity takes a tremendous toll on the health and productivity of all Californians--in medical bills, worker's compensation and lost productivity resulting in cost that exceeds \$41 billion a year; and

WHEREAS, The United States Surgeon General has issued a call to action to prevent and decrease overweight and obesity, and according to the Surgeon General, The United States Department of Health and Human Services has made reducing the proportion of overweight and obese children and adolescents a key goal; and

WHEREAS, According to the United States Surgeon General, the Center for Disease Control and Prevention recommends at least 30 minutes of moderate physical activity at least five days a week for adults, and at least 60 minutes of moderate to vigorous intense physical activity for children every day; and

WHEREAS, According to the United States Surgeon General, the quality of the built environment, including neighborhood safety, sidewalks, streets, public transportation, restaurant and convenience store density, access to parks, trails and grocery stores and access to healthy foods has a significant influence on obesity rates; and

WHEREAS, In light of the foregoing statistics and considerations, the City of Fowler commits to do all it can to decrease the rate of obesity and overweight in its communities and is committed to implementing the necessary policies to create healthier work, school, and neighborhood environments conducive to healthier eating and increased physical activity among residents.

NOW, THEREFORE, BE IT RESOLVED, that the City of Fowler will become a Healthy Eating Active Living City; and

BE IT FURTHER RESOLVED, that the City of Fowler has established nutrition standards for food served at City facilities and will offer healthy meals and alternatives at City events, meetings and programs; and

BE IT FURTHER RESOLVED, that the City of Fowler General Plan will:

- Prioritize capital improvement projects to increase opportunities for physical activity in existing areas;
- Plan and construct a built environment that encourages walking, biking and other forms of physical activity;
- Facilitate the siting of new grocery stores in underserved communities to increase access to healthy food, including fresh fruits and vegetables;
- Revise comprehensive plans and zoning ordinances to increase opportunities for physical activity and access to healthy foods wherever and whenever possible; and

BE IT FURTHER RESOLVED, that the redevelopment proposals and plans will include:

- Zoning to support farmers markets and community gardens;
- Plans for walkability and bikeability;
- Connectivity between the redevelopment area, and residential neighborhoods and schools and retail food outlets; and

BE IT FURTHER RESOLVED, that in order to promote employee wellness within the City of Fowler and to set an example for other businesses, the City of Fowler is committed to implementing wellness programs such as:

- Employee health incentives for healthy eating and physical activity
- Establishing physical activity breaks for meetings over one hour in length
- Accommodating breastfeeding employees upon their return to work
- Encouraging walking meetings and use of stairways

BE IT FURTHER RESOLVED, that community gardens can improve nutrition, physical activity, community engagement, safety, and economic vitality for a neighborhood and its residents and provide environmental benefits to the community, the City of Fowler supports efforts to establish community gardens; and

BE IT FURTHER RESOLVED, that the City of Fowler pledges to support community efforts to establish and maintain farmers markets, recognizing that farmers markets provide fresh produce to community residents, support small farmers; and build community.

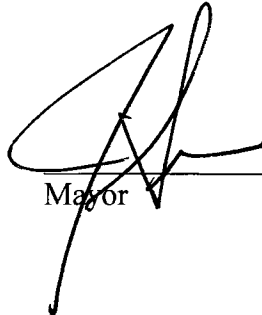
Passed, approved and adopted this 1st day of September, 2009, by the following vote:

AYES: Simonian, Cardenas, Aguayo, Darling, Parra

NOES: None


ABSTAIN: None

ABSENT: None



Mayor

ATTEST:


Jeannie Davis, CMC
City Clerk