

RESOLUTION NO. 2009-165

A RESOLUTION OF THE LODI CITY COUNCIL  
PROMOTING THE CITY OF LODI AS A HEALTHY  
EATING ACTIVE LIVING CITY

=====

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, the California Center for Public Health Advocacy's 2004 California Physical Fitness Test of 1,274 5<sup>th</sup>, 7<sup>th</sup> and 9<sup>th</sup> graders in Lodi show that 28.6 percent of the students tested were overweight; 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, 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;<sup>i</sup> and

WHEREAS, 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;<sup>ii</sup> and

WHEREAS, obesity takes a tremendous toll on the health, productivity of all Californians, in medical bills, workers compensation, and lost productivity, costing in excess of \$41.2 billion a year; and

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

WHEREAS, 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 intensity physical activity for children every day;<sup>v</sup> and

WHEREAS, the quality of the built environment, including neighborhood safety, sidewalks, streets, public transportation, restaurant and convenience store density, and access to parks, trails, and grocery stores, has a significant impact on obesity rates;<sup>vi</sup> and

WHEREAS, in light of the foregoing statistics and considerations, the City of Lodi commits to do all it can to decrease the rate of obesity and overweight in its communities and is committed to implementing the necessary laws or 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 Lodi will become a Healthy Eating Active Living City; and

BE IT FURTHER RESOLVED that the City of Lodi Parks and Recreation Department will work with the Boosters of Boys and Girls Sports to encourage healthy food choices for park concessions and recreation programs; and

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

- Emphasize grid pattern development and other features to promote walkable neighborhoods;
- Include bike lines to encourage biking and other forms of physical activity;
- Emphasize Transit Oriented Development to encourage walking before beginning long distance travel;

BE IT FURTHER RESOLVED that development proposals and plans will be encouraged to include:

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

BE IT FURTHER RESOLVED that the City of Lodi 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 and further pledges to work with farmers markets to consider means to accept food stamps for fresh fruits and vegetables.

Dated: November 18, 2009

=====

I hereby certify that Resolution No. 2009-165 was passed and adopted by the City Council of the City of Lodi in a regular meeting held November 18, 2009, by the following vote:

AYES: COUNCIL MEMBERS – Hitchcock, Johnson, Katzakian, Mounce, and Mayor Hansen

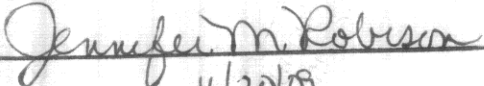
NOES: COUNCIL MEMBERS – None

ABSENT: COUNCIL MEMBERS – None

ABSTAIN: COUNCIL MEMBERS – None

  
JENNIFER M. ROBISON  
Assistant City Clerk

The foregoing document is certified to be a correct copy of the original on file in the City Clerk's Office.  
Jennifer M. Robison  
Assistant City Clerk, City of Lodi

By:   
Dated: 11/20/09

2009-165

<sup>i</sup> US Department of Health and Human Services, Office of the Surgeon General. *The Surgeon General's Call to Action to Prevent and Decrease Overweight and Obesity*. Rockville: US Department of Health and Human Services, Public Health Service, Office of the Surgeon General, 2001. Available at:

[http://surgeongeneral.gov/topics/obesity/calltoaction/fact\\_adolescents.htm](http://surgeongeneral.gov/topics/obesity/calltoaction/fact_adolescents.htm).

<sup>ii</sup> Olshansky JS, Passaro DJ, Hershow RC, et al. "A Potential Decline in Life Expectancy in the United States in the 21st Century." *New England Journal of Medicine*, 352: 1138-1145, 2005.

<sup>iii</sup> *The Surgeon General's Call to Action to Prevent and Decrease Overweight and Obesity*, supra note i.

<sup>iv</sup> US Department of Health and Human Services, Office of Disease Prevention and Health Promotion. *Healthy People 2010*. Available at:

[http://www.healthypeople.gov/Document/HTML/uih/uih\\_4.htm](http://www.healthypeople.gov/Document/HTML/uih/uih_4.htm).

<sup>v</sup> Centers for Disease Control, Division of Nutrition, Physical Activity and Obesity, National Center for Chronic Disease Prevention and Health Promotion, "Physical Activity for Everyone." Available at [www.cdc.gov/physicalactivity/everyone/guidelines](http://www.cdc.gov/physicalactivity/everyone/guidelines).

<sup>vi</sup> KM Booth, MM Pinkston, WS Carlos et al. "Obesity and the Built Environment." *Journal of the American Dietetic Association* 2005;105:S110-S117.