

**RESOLUTION NO. \_\_ SETTING FORTH DESERT HOT SPRINGS'  
COMMITMENT TO OBESITY PREVENTION**

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 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 four youth between the ages of 9 and 16 in California is overweight, and 24% of Desert Hot Springs youth are considered 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, 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 \$41 billion; and

WHEREAS, California Senate Bill 375 and Assembly Bill 32 call on cities to adopt plans to reduce greenhouse emissions which include reducing vehicular miles traveled; and

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

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

WHEREAS, Desert Hot Springs is amending the General Plan to implement policies that will encourage healthy communities, has joined the Healthy Eating Active Living Network (HEALNet) and the DHCD Local Healthy Food Workgroup.

**NOW, THEREFORE, LET IT BE RESOLVED** that the City Council hereby recognized that obesity is a serious public health threat to the health and wellbeing of adults, children and families in Desert Hot Springs. While individual lifestyle changes are necessary, individual effort alone is insufficient to combat obesity's rising tide. Significant societal and environmental changes are needed to support individual efforts to make healthier choices. To that end, Desert Hot Springs adopts this Healthy Eating Active Living resolution:

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## **I. Built Environment**

BE IT FURTHER RESOLVED that Desert Hot Springs planners, engineers, park and recreation commissions, community economic and redevelopment personnel responsible for the design and construction of parks, neighborhoods, streets, and business areas, should make every effort to:

- Prioritize capital improvements projects to increase the opportunities for physical activity in existing areas;
- Plan and construct a built environment that encourages walking, biking and other forms of physical activity;
- Address walking and biking connectivity between residential neighborhoods and schools, parks, recreational resources, and retail;
- Facilitate the citing of new grocery stores, community gardens and farmers markets in underserved communities to increase access to healthy food, including fresh fruits and vegetables;
- Expand community access to indoor and outdoor public facilities through joint use agreements with schools and/or other partners
- Revise comprehensive plans and zoning ordinances to increase opportunities for physical activity and access to health foods wherever and whenever possible, including compact, mixed-use and transit-oriented development;
- Build incentives for development project proposals to demonstrate favorable impact on resident and employee physical activity and access to healthy foods;
- Examine racial, ethnic, and socio-economic disparities in access to healthy foods and physical activity facilities or resources and adopt strategies to remedy these inequities.

## **II. Employee Wellness**

BE IT FUTHER RESOLVED that in order to promote wellness within Desert Hot Springs and to set an example for other businesses, Desert Hot Springs pledges to adopt and implement an employee wellness program that will:

- Offer employee health incentives for healthy eating and physical activity<sup>1</sup> ;
- Establish physical activity breaks for meetings over one hour in length;
- Accommodate breastfeeding employees upon their return to work;
- Encourage walking meetings and use of stairways.

BE IT FUTHER RESOLVED to set nutrition standards for vending machines located in city owned or leased locations<sup>2</sup>;

BE IT FUTHER RESOLVED to set nutrition standards for food offered at city events, city sponsored meetings, served at city facilities and city concessions, and city programs.

## **III. Healthy Food Access**

BE IT FUTHER RESOLVED that Desert Hot Springs encourages restaurants doing business in Desert Hot Springs to:

- Disclose the calorie amount and grams of fat for each menu item listed on a menu or menu board in a clear and conspicuous manner.
- Remove foods containing artificial trans fat from their menu offering.

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<sup>1</sup> May include incentive such as fresh fruit in break rooms, gym discounts, fifteen minutes paid exercise time per day, etc.

<sup>2</sup> Various standards available from HEAL Cities Campaign

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BE IT FURTHER RESOLVED that Desert Hot Springs encourages food retailers doing business in Desert Hot Springs to prominently feature healthy check-out lanes free of high density foods;

BE IT FURTHER RESOLVED that restaurants and food retailers that promote healthy food choice in the above manners be recognized by the city and will be entitled to display a Desert Hot Springs Healthy Eating Active Living logo.

#### **IV. Implementation**

BE IT FURTHER RESOLVED that city staff will update the City Council annually regarding steps taken to implement the Resolution, additional steps planned, and any desired actions that would need to be taken by the city council.

PASSED AND ADOPTED by the City Council of Desert Hot Springs at a regular meeting held on the 15<sup>th</sup> day of December, 2009 by the following vote:

AYES:

NAYS:

ABSENT:

ATTEST:

APPROVED:

\_\_\_\_\_  
Pat Hammers, Interim City Clerk

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Yvonne Parks, Mayor

APPROVED AS TO FORM:

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Ruben Duran, City Attorney

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