


**CITY OF BALDWIN PARK**JAN 20  
**STAFF REPORT**  
ITEM NO. 7

**TO:** Honorable Mayor and Members of the City Council

**FROM:** Manuel Carrillo Jr., Director of Recreation and Community Services 

**DATE:** January 20, 2010

**SUBJECT:** Approval to adopt Resolution No. 2010-004: Healthy Eating Active Living Resolution

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**PURPOSE**

The purpose of this report is to request City Council approval to sign and adhere to the Healthy Eating Active Living Resolution: Setting Forth the City of Baldwin Park's commitment to obesity prevention Resolution No. 2010-004.

**BACKGROUND**

Cities and their residents face increased health care costs and diminished quality of life due to the epidemic of obesity. City leaders across California are addressing the crisis by implementing land use and employee policies, which encourage physical activity and nutritious eating.

League of California Cities led the way with a resolution in 2004, which encouraged cities to embrace policies that promote healthier lifestyles and communities. Two years later, the League adopted a resolution to work together with the Institute for Local Government, and the Cities Counties and Schools Partnership to develop a clearinghouse of information that cities can use to promote wellness policies and healthier cities. In response to this League resolution, the League, the CCS Partnership, and the California Center for Public Health Advocacy have launched the "Healthy Eating Active Living Cities Campaign".

**DISCUSSION**

The City of Baldwin Park has been a leader in the fight against childhood obesity since 1999 through the grassroots efforts of "People on the Move."

In accordance with the Healthy Eating Active Living Resolution, which encourages physical activity and good nutrition, staff recommends the City of Baldwin Park join the efforts of the "Healthy Eating Active Living Cities Campaign." This resolution would coincide with the existing accomplishments already made by the City as well as complement the existing efforts. The adoption and adherence of the resolution would align the City of Baldwin Park with the standards of the League of California Cities.

The accomplishments and goals of the City include City Councils adoption of the licensing fee ordinance of the sale of tobacco to manage the authorization of businesses and enhancing our ordinance for no smoking in public places, also assisting to adopt a smoke

free multi family residential building ordinance. The American Lung Association recently released a report on State of Tobacco Control that shows Baldwin Park with improved air grade and with the assistance of our ordinance reported a reduction of tobacco sales.

At the start of our new year, the City began a Green Building Code for the safety and sustainability of our community. In being "Green" and environmentally conscious the City began a Green Team Committee that assists in setting goals and accomplishments to promote energy reduction and maintain our resources. Being green has prompted the City to focus on the community and obtained a \$100,000 AQMD Grant for a Tree Partnership Program, submitted for a stimulus on Greenhouse Gas inventory, hybrid City vehicles, public parking structures for a public transit, and a healthy living plan for Baldwin Park. The City has already seen great changes following a workshop for a walk-able community improving pedestrian access and mobility through the City with a grant received from CalTrans. Many of these goals and accomplishments assist in enhancing the community and with similar policies see a immense progression in the City.

Through the adoption of this policy, the City of Baldwin Park is eligible to be a Healthy Eating Active Living City upon review and approval. This would entitle the City to access public relations and marketing resources including the use of the HEAL cities logo.

### **FISCAL IMPACT**

No fiscal impact to the general fund. Signing the resolution is a non-binding and ceremonial agreement with no fiscal commitment. Funding for various recommendations and improvements will be secured through the process of new or existing grant opportunities and the existing budget.

### **RECOMMENDATION**

Staff recommends that the City Council authorize Mayor to sign the Healthy Eating Active Living Resolution and any other associated documents related to this initiative.

Attachment:

- 1) Resolution No. 2010-004-Healthy Eating Active Living Resolution: Setting Forth the City of Baldwin Park's Commitment to Obesity Prevention.

RESOLUTION NO. 2010-004

A RESOLUTION OF THE CITY COUNCIL  
OF THE CITY OF BALDWIN PARK  
SETTING FORTH THE CITY'S  
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 City of Baldwin Park 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.

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;

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

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, the City of Baldwin Park is dedicated to becoming a leader toward improving quality of life through the health environment of the community.

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 Baldwin Park. 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, the City of Baldwin Park adopts this Healthy Eating Active Living resolution:

### **I. Built Environment**

BE IT FURTHER RESOLVED that Baldwin Park planners, engineers, park and recreation department, 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 siting 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
- Map existing fast food outlets and draft an ordinance which will place limits on fast food around schools and in neighborhoods with over-concentrations of unhealthy food outlets;
- 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 FURTHER RESOLVED that in order to promote wellness within Baldwin Park, and to set an example for other businesses, Baldwin Park will continue to implement the existing employee wellness program. The implementation of the wellness policy by Human Resources 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 Baldwin Park encourages restaurants doing business in Baldwin Park 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.

BE IT FURTHER RESOLVED that Baldwin Park encourages food retailers doing business in Baldwin Park to prominently feature healthy checkout 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 Healthy Baldwin Park logo.

### **IV. Implementation**

BE IT FURTHER RESOLVED that the head of each affected agency or department should report back to 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, APPROVED, AND ADOPTED this \_\_\_\_ day of \_\_\_\_\_ 2010.

\_\_\_\_\_  
MANUEL LOZANO  
MAYOR

<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

ATTEST:

STATE OF CALIFORNIA  
COUNTY OF LOS ANGELES  
CITY OF BALDWIN PARK } SS:

I, LAURA M. NIETO, Deputy City Clerk of the City of Baldwin Park do hereby certify that the foregoing Resolution No. 2010-004 was duly adopted by the City Council of the City of Baldwin Park at a regular meeting thereof held on \_\_\_\_\_ and that the same was adopted by the following vote to wit:

AYES:            COUNCIL MEMBER:

NOES:            COUNCIL MEMBER:

ABSENT:        COUNCIL MEMBER:

ABSTAIN:       COUNCIL MEMBER:

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LAURA M. NIETO, CMC  
DEPUTY CITY CLERK