



AGENDA REPORT SUMMARY

TO: Honorable Mayor and Members of the City Council

FROM: Rod Gould, City Manager *RG*

INITIATED BY: Penny Riley, Assistant City Manager *PR*
Eric Heidemann, Senior Management Analyst

DATE: December 15, 2009

SUBJECT: A Resolution of the City of Poway, California, Supporting the Healthy Eating Active Living Cities (HEAL) Campaign

ABSTRACT

This report recommends that the City Council adopt a resolution in support of the Healthy Eating Active Living Cities (HEAL) campaign, an initiative sponsored by the League of California Cities. The goal of the HEAL campaign is to encourage cities to embrace policies that promote healthier lifestyles and communities.

ENVIRONMENTAL REVIEW

None.

FISCAL IMPACT

None

PUBLIC NOTIFICATION AND CORRESPONDENCE

League of California Cities and HEAL campaign offices

RECOMMENDATION

It is recommended that the City Council make appropriate findings and adopt the attached Resolution in support of the Healthy Eating Active Living Cities (HEAL) campaign as presented.

ACTION



CITY OF POWAY

AGENDA REPORT

This report is included on the Consent Calendar. There will be no separate discussion of the report prior to approval by the City Council unless members of the Council, staff or public request it to be removed from the Consent Calendar and discussed separately. If you wish to have this report pulled for discussion, please fill out a slip indicating the report number and give it to the City Clerk prior to the beginning of the City Council meeting.

TO: Honorable Mayor and Members of the City Council

FROM: Rod Gould, City Manager *RG*

INITIATED BY: Penny Riley, Assistant City Manager *PR*
Eric Heidemann, Senior Management Analyst *EH*

DATE: December 15, 2009

SUBJECT: A Resolution of the City of Poway, California, Supporting the Healthy Eating Active Living Cities (HEAL) Campaign

BACKGROUND

This report recommends that the City Council adopt a resolution in support of the Healthy Eating Active Living Cities (HEAL) campaign, an initiative sponsored by the League of California Cities. The goal of the HEAL campaign is to encourage cities to embrace policies that promote healthier lifestyles and communities.

FINDINGS

The League of California Cities adopted a resolution in 2004, which encouraged cities to embrace policies that promote workforce wellness and walkable cities through public policy. In response to this League resolution, the League and the California Center for Public Health Advocacy launched the "Healthy Eating Active Living Cities Campaign."

The City of Poway has historically embraced the values of healthy living. A fundamental goal of the General Plan is "... to enhance the well-being of Poway residents by providing opportunities for relaxation, rest, activity, and education through a well-balanced system of private and public facilities distributed to serve the entire community." This has been demonstrated through the promotion of recreation opportunities for residents, a multi-modal trails system, a community garden, an employee wellness program, and public education. Here is some of what the City has accomplished:

- **Recreation:** The City operates two joint-use recreation facilities, in conjunction with the Poway Unified School District, for youth basketball and volleyball. The City has funded the placement of synthetic turf at Valley Elementary School and Meadowbrook Elementary School to meet the increasing demand for year-around youth athletics. Community Park, currently being master planned, includes a swim center, senior center, skate park, tennis courts, and athletic fields. The City also works in cooperation with local non-profits to programs 14 area fields for youth baseball, softball, soccer, lacrosse, and football.

The City also contains 82 miles of trails that can be hiked, biked, or walked. The Blue Sky Ecological Reserve encompasses 700 acres of riparian habitat, oak woodlands, providing a natural setting for hikers and nature observation.

- **Community Garden:** The Poway Community Garden provides an opportunity for individuals or families without backyards or land, to grow their own vegetables or flowers. The property, owned by the City's Redevelopment Agency, is located on Vista View Drive.
- **Comprehensive Employee Wellness Program:** Through education and voluntary health risk assessments, strong evidence concluded that the City's Employee Wellness Program has been successful. Candidates have reported improved fitness, lower coronary risk, improved nutrition, improved aerobic exercise, and overall wellness.
- **Education:** Public education includes a recent proclamation by the City Council proclaiming October as Breast Cancer Awareness month. Other forms of education include educating employees on diabetes, healthy eating, stress management, balancing work and family, nutritional choices, and weight control.

These public policy decisions made by the City Council are closely aligned with the goals and objectives of the HEAL campaign. This resolution reaffirms the importance of prior policy decisions made by the City Council regarding recreation, trails and open space, community gardens, employee wellness, and public education.

ENVIRONMENTAL REVIEW

This action is not subject to CEQA review.

FISCAL IMPACT

None.

PUBLIC NOTIFICATION AND CORRESPONDENCE

League of California Cities and HEAL campaign offices.

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RECOMMENDATION

It is recommended that the City Council make appropriate findings and adopt the attached Resolution in support of the Healthy Eating Active Living Cities (HEAL) campaign as presented.

Attachment: A. Resolution

RESOLUTION NO.

A RESOLUTION OF THE CITY COUNCIL
OF THE CITY OF POWAY, CALIFORNIA,
SUPPORTING THE HEALTHY EATING ACTIVE LIVING CITIES (HEAL) CAMPAIGN

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 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, California's youth and adults are at risk for many chronic health conditions including diabetes, heart disease, cancer, arthritis, stroke, and hypertension; and

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

WHEREAS, the HEAL campaign is consistent with the goal of the General Plan by "enhancing the well-being of Poway residents by providing opportunities for relaxation, rest, activity, and education through a well-balanced system of private and public facilities distributed to serve the entire community;" and

WHEREAS, the City has historically supported healthy and active lifestyles through a comprehensive parks and open space system, which includes 82 miles of trails, athletic playing fields, joint use facilities, a skate park, and a community garden; and

WHEREAS, the City will collaborate with the League of California Cities and the California Center for Public Health Advocacy to promote wellness policies to build healthier cities and encourage our City to continue to make every effort in improving the health of those who live, work, and play in the City of Poway; and

NOW, THEREFORE, BE IT RESOLVED, the City Council of the City of Poway will continue to demonstrate their commitment to healthy lifestyles by supporting the League of California Cities in becoming a Healthy Eating Active Living City.

PASSED, ADOPTED AND APPROVED by the City Council of the City of Poway at a regular meeting this 15th day of December 2009.

Don Higginson, Mayor

ATTEST:

Linda A. Troyan, City Clerk

Attachment A

STATE OF CALIFORNIA)
)SS
COUNTY OF SAN DIEGO)

I, Linda A. Troyan, City Clerk of the City of Poway, do hereby certify under penalty of perjury that the foregoing Resolution No. _____ was duly adopted by the City Council at a meeting of said City Council held on the 15th day of December 2009, and that it was so adopted by the following vote:

AYES:

NOES:

ABSENT:

DISQUALIFIED:

Linda A. Troyan, City Clerk
City of Poway