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RESOLUTION NO. 6339

A RESOLUTION OF THE CITY COUNCIL OF THE CITY OF RIALTO, CALIFORNIA, SUPPORTING THE HEALTHY EATING, ACTIVE LIVING (HEAL) CITIES CAMPAIGN AND STRENGTHENING THE CITY'S COMMITMENT TO PROMOTING HEALTHY EATING, ACTIVE LIVING LIFESTYLES THROUGHOUT THE COMMUNITY OF RIALTO IN A EFFORT TO PREVENT OBESITY

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, in July 2010 the League of California Board of Directors resolved to partner with and support the national *Let's Move Campaign*, and encourages California cities to adopt preventative measures to fight obesity; and

WHEREAS, on November 18, 2011, the League of CA Cities Board of Directors unanimously voted to encourage 100% board participation in the HEAL Cities Campaign; 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, with 32.3% of youth in Rialto facing a greater risk of developing type 2 diabetes, high blood pressure and asthma; 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

1 **WHEREAS**, obesity takes a tremendous toll on the health, productivity of all Californians;

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

4 **WHEREAS**, teens and adults who consume one or more sodas or sugar sweetened beverages
5 per day are more likely to be overweight or obese;

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

8 **WHEREAS**, in 2008 with the support from the San Bernardino County Healthy Communities,
9 Healthy Rialto was created to effectively coordinate and leverage resources and services to improve
10 community health; and

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

- 17 A. Providing a system of trails and corridors that facilitate and encourage bicycling and
18 walking.
- 19 B. Providing Rialto residents access to information, services and goods that improve their
20 health and well being.
- 21 C. Continue to develop and maintain our environmental infrastructure to ensure community
22 prosperity.
- 23 D. Continue to promote community engagement, economic investment and quality design in
24 our neighborhoods, parks and recreation facilities.
- 25 E. Promote healthy food options in the community, including the development of community
26 gardens and farmers markets.

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1 **BE IT FURTHER RESOLVED** that in order to promote wellness within the City of Rialto,
2 and to set an example for other businesses, the City of Rialto pledges to adopt and implement an
3 employee wellness policy that will:

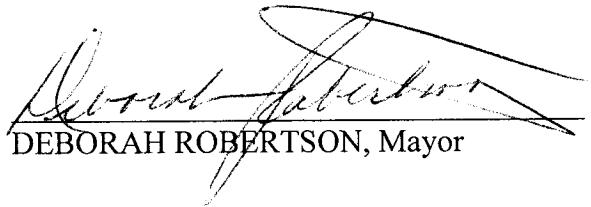
4 A. Offer employee health incentives for healthy eating and physical activity

5 B. Accommodate breastfeeding employees upon their return to work

6 The City Clerk of the City of Rialto shall certify as to the adoption of this Resolution.

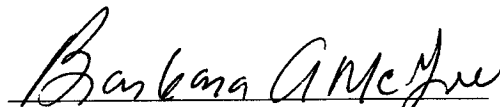
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8 **PASSED, APPROVED AND ADOPTED** this 8th day of October, 2013.

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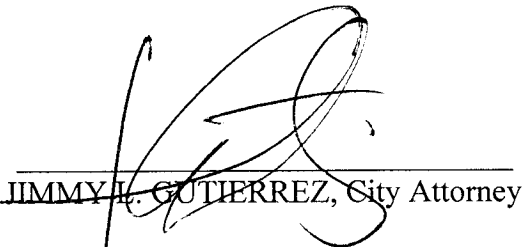
DEBORAH ROBERTSON, Mayor

ATTEST:



BARBARA A. McGEE, City Clerk

APPROVED AS TO FORM:



JIMMY L. GUTIERREZ, City Attorney

1 STATE OF CALIFORNIA)
2 COUNTY OF SAN BERNARDINO) ss
3 CITY OF RIALTO)
4

5 I, Barbara A. McGee, City Clerk of the City of Rialto, do hereby certify that the foregoing
6 Resolution No. 6339 was duly passed and adopted at a regular meeting of the City Council of the City
7 of Rialto held on the 8th day of October, 2013.
8

9 Upon motion of Councilmember Palmer, seconded by Councilmember Baca Jr., the foregoing
10 Resolution No. 6339 was duly passed and adopted.
11

12 Vote on the Motion:

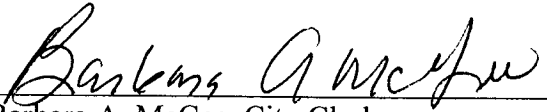
13 AYES: Mayor Robertson, Council Members: Palmer, Baca Jr., O'Connell, Hirtz

14 NOES: None

15 ABSTAIN: None

16 ABSENT: None
17

18 IN WITNESS WHEREOF, I have hereunto set my hand and the Official Seal of the City of
19 Rialto, this 17th day of October, 2013.
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22 _____
23 Barbara A. McGee, City Clerk
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