

RESOLUTION NO. ___**A RESOLUTION OF THE CITY COUNCIL OF THE CITY OF VALLEJO ADVOCATING AND SUPPORTING THE HEALTHY EATING AND ACTIVE LIVING (HEAL) CITIES 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 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, obesity takes a tremendous toll on the health, productivity of all Californians; especially children who have a shorter life expectancy than their parents due to the consequences of obesity; and

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

WHEREAS, the California Center for Public Health Advocacy's 2004 California Physical Test of 3,378 5th, 7th and 9th graders in the City of Vallejo demonstrated that 32.8 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 therefore at risk for many chronic conditions including diabetes, heart disease, cancer, arthritis, stroke, and, hypertension; and

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

WHEREAS, in July 2010 the League of California Cities' 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, the promotion of workforce and resident would decrease chronic disease and health care costs and increase productivity; and

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

WHEREAS, the quality of the Built Environment, including neighborhood safety, sidewalks, streets, public transportation, restaurant and convenience store density, access to parks, trails and grocery stores, and access to healthy foods can have significant influence on obesity rates; and

WHEREAS, in light of the foregoing statistics and considerations, the City of Vallejo expresses its commitment to doing all it can within available resources to decrease the rate of obesity and overweight

in its communities and is further committed to the development and implementation of policies to create healthier work, school, and neighborhood environments conducive to healthier eating and increased physical activity among residents as opportunities and resources become available.

NOW, THEREFORE, BE IT RESOLVED, that the Vallejo City Council hereby recognizes that obesity in the City of Vallejo is a serious public health threat to the health and wellbeing of adults, children and families and therefore significant societal and environmental changes are needed to support healthier choices including updating existing local policies to support healthy food systems. The City of Vallejo commits to becoming a Healthy Eating Active Living city and to actively promoting opportunities and standards that encourage healthy living choices; and

BE IT FURTHER RESOLVED, that the City Council encourages staff and commissions to be sensitive to opportunities to recommend policies to encourage healthy choices and goals consistent with the Council's stated priorities.

BE IT FURTHER RESOLVED, that the City of Vallejo supports healthy food access and activities that improve Vallejoans social welfare and wellness.

BE IT FURTHER RESOLVED, that the City of Vallejo supports General Plan updates and active designs which promote health and wellness choices.

BE IT FURTHER RESOLVED, that the City Manager is directed to have the head of each affected agency or department report to the City Council any steps taken to implement this Resolution, additional steps planned, and any desired actions that would need to be taken by the City Council.

BE IT FURTHER RESOLVED, that the City of Vallejo does hereby join other local and regional public agencies in promoting consistent and collaborative healthy eating and active living policies.

BE IT FURTHER RESOLVED, that in order to promote employee wellness within the City of Vallejo and to set an example for other businesses, the City of Vallejo will adopt an employee wellness program inclusive of healthy eating choices and physical activity.

BE IT FURTHER RESOLVED, that attachment "A" to this Resolution shall serve as examples of policies, programs, procedures and activities which the City of Vallejo staff and other local agencies may consider in carrying out the intent and purpose of this Resolution.

OSBY DAVIS, Mayor

EXHIBIT "A"

I. Built Environment and City Planning

- Include health goals and policies related to physical activity and access to healthy food in the zoning code and general plan update.
- 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.
- Plan and construct a built environment that encourages walking, biking and other forms of physical activity, including a pedestrian and bicycle master plan.
- Address walking and biking connectivity between residential neighborhoods and schools, parks, recreational resources, and retail.
- Establish Universal Design guidelines for new development.
- Build incentives for development project proposals to demonstrate favorable impact on resident and employee physical activity and access to healthy foods.
- Prioritize public investment in parks, open space and recreational activities.
- Expand community access to indoor and outdoor public facilities through joint use agreements with schools and/or other partners.
- Develop a community garden/urban farming ordinance to promote the production and sale of fresh produce.
- Map existing fast food outlets and evaluate the development of an ordinance to place limits on fast food around schools and in neighborhoods with over-concentrations of unhealthy food outlets.
- 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.

II. Healthy Food Access and Community Wellness

- 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.
- Conduct a community-wide Health Impact Assessment (HIA) to evaluate and recommend more implementation strategies to improve healthy eating and active living in the City of Vallejo.
- Promote and support healthy options at existing small food store retailers² including seeking existing funding for healthy food such as local CDBG funds to update neighborhood markets or broader, federal programs such as the Supplemental Nutrition Assistance Program (SNAP) or WIC.
- Promote the establishment of new food outlets, especially in "food deserts" and historically under-served areas of the city.³
- 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.

- Evaluate the creation of a permit program for produce vendors making it easier for produce cart vendors to bring fresh, uncut fruits and vegetables from a mobile cart directly to a neighborhood.
- Set nutrition standards for food offered at city events, city sponsored meetings, served at city facilities and city concessions, and city programs.
- Promote the use of city facilities to educate and offer resources to residents on healthy living choices.
- Evaluate instituting a Sugar-Sweetened Beverage tax to support city programs and services that support healthy eating and physical activity choices and behaviors.
- Create partnerships with schools, health agencies, businesses, community organizations and citizen groups to offer health, nutrition, recreation and education programs and activities
- Support and encourage Vallejo's Schools to make healthy eating choices available in the Vallejo Unified School District.
- Support the Mare Island Health and Fitness Academy and look for opportunities to expand the best practices from the Academy to other schools in the Vallejo Unified School District.
- Support the expression of the individual through a wide variety of artistic endeavors, programs and events that encourage mental and emotional wellness.
- Encourage restaurants doing business in the City of Vallejo 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.
 - Encourage food retailers doing business in the City of Vallejo to prominently feature healthy check-out lanes free of high density foods.
 - Those restaurants and food retailers that promote healthy food choice in the above manners be encouraged to prominently display a City of Vallejo Healthy Eating Active Living logo.

III. Employee Wellness

- Employee health incentives for healthy eating and physical activity.⁴
- Establish healthy eating procurement and vending policies including food provided at city sponsored meetings.