

RESOLUTION NO. 2017-05-09-1

A RESOLUTION OF THE CITY COUNCIL OF THE CITY OF LAGUNA HILLS, CALIFORNIA, THAT DECLARES LAGUNA HILLS A HEALTHY EATING ACTIVE LIVING (HEAL) CITY

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, one in four youth between the ages of 9 and 16 in California is 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, high rates of costly chronic disease among both children and adults are correlated to environments with few or no options for healthy eating and active living.

NOW, THEREFORE, THE CITY COUNCIL OF THE CITY OF LAGUNA HILLS, CALIFORNIA, DOES RESOLVE, DECLARE, DETERMINE, AND ORDER AS FOLLOWS:

That the City Council has hereby recognized that obesity is a serious public health threat to the health and wellbeing of adults, children, and families in Laguna Hills. 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 Laguna Hills adopts this Healthy Eating Active Living (HEAL) Resolution:

SECTION 1. BUILT ENVIRONMENT:

BE IT FURTHER RESOLVED that the City of Laguna Hills planners, engineers, community services, and community development personnel responsible for the design of parks, neighborhoods, streets, and business areas make every effort to:

- Plan and construct a built environment that encourages walking, biking, and other forms of physical activity; and
- Encourage capital improvement projects to increase the opportunities for physical activities in existing areas; and
- Continue to facilitate farmers markets to increase access to healthy food, including fresh fruit and vegetables.

SECTION 2. EMPLOYEE WELLNESS:

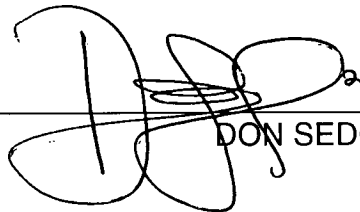
BE IT FURTHER RESOLVED that in order to promote wellness within the City of Laguna Hills, and to set an example for other businesses, The City of Laguna Hills pledges to continue and improve its employee wellness policy. The City of Laguna Hills will consider the following employee wellness concepts:

- Continue to offer an employee discount on health and wellness classes offered by the Community Services Department; and
- Provide a "Wellness Newsletter" to employees each month; and
- Offer healthy choices in the vending machines located in City facilities; and
- Plan a wellness class or presentation during the lunch hour on a bi-annual basis.

SECTION 3. IMPLEMENTATION:

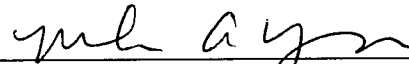
BE IT FURTHER RESOLVED that the head of each affected department should report back to the City Council annually regarding steps taken to implement the Resolution, additional steps planned, and any desired actions that would be recommended to the City Council.

PASSED, APPROVED, AND ADOPTED this 9th day of May 2017.



DON SEDGWICK., MAYOR

ATTEST:



MELISSA AU-YEUNG, CITY CLERK

STATE OF CALIFORNIA)
COUNTY OF ORANGE) ss
CITY OF LAGUNA HILLS)

I, Melissa Au-Yeung, City Clerk of the City of Laguna Hills, California, DO
HEREBY CERTIFY that the foregoing is a true and correct copy of Resolution
No. 2017-05-09-1 adopted by the City Council of the City of Laguna Hills, California, at
a Regular Meeting thereof held on the 9th day of May 2017, by the following vote:

AYES: Council Members Gilbert, Heft, Mayor Pro Tempore Carruth,
and Mayor Sedgwick

NOES: None

ABSENT: Council Member Kogerman

ABSTAIN: None

(SEAL)



MELISSA AU-YEUNG, CITY CLERK