

## RESOLUTION NO. 2017-24

### A RESOLUTION OF THE CITY COUNCIL OF THE CITY OF LAKE FOREST, CALIFORNIA, DECLARING LAKE FOREST A HEALTHY EATING ACTIVE LIVING (HEAL) CITY

**WHEREAS**, 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, planning principles, as well as programs that enable citizens of all ages and abilities to undertake exercise;

**WHEREAS**, the League of California Cities has a strategic goal to promote and develop safe and healthy cities; and

**WHEREAS**, on November 18, 2011 the League of California Cities Board of Directors unanimously voted to encourage 100% board participation in the HEAL Cities Campaign

**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;

**WHEREAS**, the current generation of children are expected to have shorter lives than their parents due to the consequences of obesity;

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

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

**WHEREAS**, cities and their residents face increased health care costs and diminished quality of life due to lack of exercise, poor diet choice, obesity and the resultant health-related effects of diabetes, cardiac disease, and other health problems; and

**WHEREAS**, the City of Lake Forest already embraces policies that facilitate activities to promote healthier lifestyles and communities and hope to grow programs/services offered by the Community Services Department, outdoor fitness equipment, park resources, open spaces, and community building facilities. The City has a unique ability to positively affect the health of the Lake Forest Community now and in the future.

NOW, THEREFORE, THE CITY COUNCIL OF THE CITY OF LAKE FOREST DOES HEREBY RESOLVE AS FOLLOWS:


SECTION 1. The City of Lake Forest hereby recognizes that obesity is a serious public threat to the health and well-being of adults, children and families in Lake Forest. 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 Lake Forest supports participation in statewide, regional, and local programs that support and invest in residents' health and wellness and embrace policies and programs that community wellness.

SECTION 2. The City of Lake Forest City Council hereby adopts this Healthy Eating Active Living Resolution and declares itself a Healthy Eating and Active Living City.

1. Built Environment: The City Departments responsible for the design and construction of parks, neighborhoods, streets, and business areas, should make every effort to plan and construct a safe environment that encourages walking, biking and other forms of physical activity:
  - Address walking and biking connectivity between residential neighborhoods and schools, parks and recreational resources and retail;
  - Expand community access to indoor and outdoor public facilities with other public partners; and
  - Plan and construct a built environment that encourages walking, biking and other forms of physical activity.
2. Employee Wellness: In order to promote wellness within the City of Lake Forest, and to set an example for other businesses, the City of Lake Forest pledges to continue to encourage it's employees to take part in the following employee wellness programs:
  - Take part in Lunch-Time Yoga Classes;
  - Use of the complexes fitness facility;
  - Attend the Yearly Employee Health Fair;

- Take part in the June Employee Wellness Week Activities;
  - Get a flu shot at the Annual Employee Flu Shot Clinic; and
  - Utilize the accommodations given to for nursing employees.
3. Implementation: The City Departments will continue to update the City Council regarding their efforts to implement the Resolution, including additional planned programs, construction projects and forward planning initiatives.


PASSED, APPROVED AND ADOPTED this 18th day of July, 2017, by the following vote, to wit:



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SCOTT VOIGTS  
MAYOR

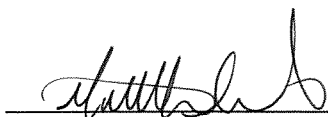
ATTEST:



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STEPHANIE D. SMITH, MMC  
CITY CLERK

APPROVED AS TO FORM:



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MATTHEW E. RICHARDSON  
CITY ATTORNEY

State of California )  
County of Orange ) SS  
City of Lake Forest )


I, STEPHANIE D. SMITH, City Clerk of the City of Lake Forest, California do hereby certify that the foregoing Resolution No. 2017-24 was duly passed and adopted by the City Council at a regular meeting thereof, held on the 18th day of July, 2017, by the following vote:

AYES: COUNCIL MEMBERS: BASILE, GARDNER, HAMILTON,  
ROBINSON, VOIGTS

NOES: COUNCIL MEMBERS: NONE

ABSENT: COUNCIL MEMBERS: NONE

ABSTAIN: COUNCIL MEMBERS: NONE

  
STEPHANIE D. SMITH, MMC  
CITY CLERK