

RESOLUTION NO. 9101

A RESOLUTION OF THE CITY COUNCIL OF THE CITY OF EL MONTE, CALIFORNIA, SUPPORTING THE HEALTH AND WELLNESS ELEMENT, INDICATING SUPPORT FOR PARTICIPATING IN THE CALIFORNIA HEALTHY EATING 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, 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, 28% of children in El Monte are obese or overweight.

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

WHEREAS, California Senate Bill 375 and Assembly Bill 32 call on cities to adopt plans to reduce greenhouse emissions which include reducing vehicular miles traveled; and

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

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

WHEREAS, the City of El Monte agrees to support the Health and Wellness Element for the El Monte General Plan.

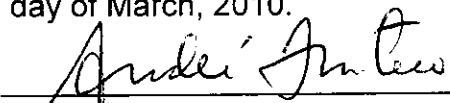
NOW THEREFORE, THE CITY COUNCIL OF THE CITY OF EL MONTE, CALIFORNIA, DOES HEREBY RESOLVE AS FOLLOWS:

SECTION 1. The City Council of the City of El Monte recognized that obesity is a serious public health threat to the health and wellbeing of adults, children and families in El Monte. 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.

SECTION 2. BE IT FURTHER RESOLVED that the City of El Monte will develop the Health and Wellness Element for the El Monte General Plan to develop environmental, policy and system changes that can increase active living and healthy eating in children and adults. To that end, the City of El Monte adopts this Healthy Eating Active Living (HEAL) Resolution; and

SECTION 3. This Resolution shall take effect upon adoption. The City Clerk shall certify to the adoption of this Resolution.

Passed, approved and adopted this 23rd day of March, 2010.



André Quintero
Mayor of the City of El Monte

ATTEST:



Lorene Gutierrez
City Clerk of the City of El Monte


STATE OF CALIFORNIA)
COUNTY OF LOS ANGELES)
CITY OF EL MONTE)

I, Lorene Gutierrez, Clerk of the City of El Monte, hereby certify that the foregoing Resolution No. 9101 was passed and adopted by the City Council of the City of El Monte, signed by the Mayor and attested to by the City Clerk at a regular meeting of said Council held on the 23rd day of March, 2010 and that said Resolution was adopted by the following vote, to-wit:

AYES: Mayor Quintero, Mayor Pro Tem Wallach, Councilman Gomez,
Councilwoman Ishigaki and Councilwoman Macias

NOES: None

ABSENT: None


City Clerk of the City of El Monte