

RESOLUTION NO. 21-10 (CM)

RESOLUTION OF THE CITY COUNCIL OF THE CITY OF
WATSONVILLE SUPPORTING THE LEAGUE OF CALIFORNIA CITIES
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, obesity takes a tremendous toll on the health and productivity of all Californians, but particularly in working-class communities. The annual cost to California—in medical bills, workers compensation and lost productivity— for overweight, obesity, and physical inactivity exceeds \$41 billion; and

WHEREAS, more than half of California’s adults are overweight or obese: 23% are obese and another 35% are overweight. Obese adults face increased risk of many chronic conditions including diabetes, heart disease, cancer, arthritis, stroke, and, hypertension; and

WHEREAS, the California Center for Public Health Advocacy analyzed results of the 2004 California Physical Fitness Test for 5th, 7th and 9th graders. The analysis shows that among all students sampled in Watsonville, 36.1% of children were overweight in 2004; and

WHEREAS, on average, one in four California youth between the ages of 9 and 16 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, establishing goals and policies in the City of Watsonville's General Plan that address the built environment's link to public health through increased access to healthy food and greater opportunity for routine physical activity is a powerful and enduring tool; and

WHEREAS, addressing the health of Watsonville's residents and workforce, can help decrease the likelihood of chronic disease, reduce health care costs, and increase productivity; and

WHEREAS, the City Council of the City of Watsonville acknowledges their role as elected community leaders in improving the quality of life for residents and visitors alike.

NOW, THEREFORE, BE IT RESOLVED BY THE CITY COUNCIL OF THE CITY OF WATSONVILLE, CALIFORNIA, AS FOLLOWS:

1. That the City of Watsonville will prioritize general plan goals and policies along with zoning ordinances that promote walking/biking, and create lively destinations within the City.
2. That the City of Watsonville will continue to partner with other agencies and organizations to educate the community about the importance of healthy eating and physical activity while providing opportunities for participation.
3. That the City of Watsonville will make every effort to improve the health of the City workforce via internal wellness programs and policies that:


- a. Educate employees and provide opportunities to participate in activities that promote health and wellness;
 - b. Improve the nutritional quality of foods available at City work sites, and food offered at City events, meetings, concessions and programs;
 - c. Encourage physical activity both during the workday and at home;
4. That the City of Watsonville will become a Healthy Eating Active Living (HEAL) City.

The foregoing resolution was introduced at a regular meeting of the Council of the City of Watsonville, held on the 9th day of February, 2010, by Member Rivas, who moved its adoption, which motion being duly seconded by Member Bersamin, was upon roll call carried and the resolution adopted by the following vote:

AYES: COUNCIL MEMBERS: **Bersamin, Bilicich, Caput, Martinez, Petersen, Rivas, Alejo**

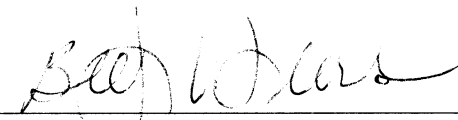
NOES: COUNCIL MEMBERS: **None**

ABSENT: COUNCIL MEMBERS: **None**



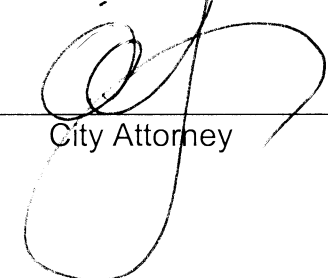
Luis A. Alejo, Mayor

ATTEST:



City Clerk

APPROVED AS TO FORM:



City Attorney