

City of  
**HUNTINGTON PARK** california  
COMMUNITY DEVELOPMENT DEPARTMENT

6550 MILES AVENUE  
HUNTINGTON PARK, CA 90255

June 21, 2010

**TO:** Mayor Noguez and Members of the City Council

**FROM:** Henry L. Gray, Director of Community Development

**SUBJECT:** A recommendation by the Huntington Park Health and Education Commission that the City Council adopt a resolution declaring the City of Huntington Park a Healthy Eating, Active Living (HEAL) City.

**REQUEST:** That the City Council adopt a resolution declaring the City of Huntington Park a Healthy Eating, Active Living (HEAL) City.

**BACKGROUND:** Cities and their residents face increased health care costs and diminished quality of life due to the epidemic of obesity and overweight. City leaders across California are addressing the crisis by implementing land use and employee policies which encourage physical activity and nutritious eating.

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 the adoption of city design and planning principles that enable citizens of all ages and abilities to undertake exercise.

In 2006, the League of California Cities adopted a resolution to work together with the Institute for Local Government, and the cities, counties, and schools partnership to develop a clearinghouse of information that cities can use to promote wellness policies and healthier cities. In response to the League of California Cities resolution, the League, along with the cities, counties, schools partnership, and the California Center for Public Health Advocacy launched the "Healthy Eating Active Living (HEAL) Cities Campaign."

**ANALYSIS:** HEAL campaign staff, under the guidance of an advisory committee of elected and executive staff leaders from 20 cities, reviewed survey responses from over 100 California Cities; analyzed existing policies; and identified key policies to assist elected officials. The HEAL campaign staff is encouraging all California cities to become a HEAL City.

On May 25, 2010, the Health and Education Commission made a motion to recommend to the City Council the adoption of a resolution declaring the City of Huntington Park as a HEAL City.

The proposed resolution identifies obesity as a serious health threat to the community and demonstrates the City's desire and commitment to become a leader in the fight against obesity.

By becoming a HEAL City and adopting one or more of the HEAL Campaign's policies, the City will help:


- Improve quality of life for its residents through active lifestyles;
- Improve community connections and civic life through interactions in public places and parks;
- Improve public safety and reduce crime by ensuring more "eyes on the street" when residents walk, bike, or run;
- Create attractive destinations that offer good food, multiple activities, and places where people want to spend time and money; and
- Reduce costs through employee wellness policies and health incentives.

The policies identified by the HEAL campaign fall under three general categories:

1. Land Use
2. Availability of Healthy Food Choices
3. Employee Wellness

**RECOMMENDATION:** That the City Council adopt a resolution declaring the City of Huntington Park a Healthy Eating, Active Living (HEAL) City.

Respectfully submitted,

  
Henry L. Gray  
Director of Community Development

Attachments: 1. Proposed Resolution  
2. HEAL Checklist

# Is Your City a Healthy Eating Active Living City?



HEALTHY EATING  
ACTIVE LIVING  
**CITIES**  
CAMPAIGN

Use this checklist to identify policies for healthy eating and active living that your city has already established. Then submit them to the Campaign and we'll designate your city as an Eager, Active, or Fit HEAL city and work with you on the next steps. Send your policies to [www.healcitiescampaign.org/policy\\_submission.html](http://www.healcitiescampaign.org/policy_submission.html).

## Land Use Policies

- General Plan—Health Goals and Policies
- Mixed-use neighborhoods
- Transit-oriented development
- Complete streets
- Bike and pedestrian plans
- Parks and open space
- Joint use
- Community gardens/urban agriculture
- Farmers' markets
- Healthy food retail

## Zoning Ordinances

- Community garden/urban agriculture ordinance
- Farmers' market ordinance
- Ordinance to limit fast food

## Healthy Food Retail Policies

- Planning and economic incentives
- Featured in redevelopment plans
- Retailer recognition

## Employee Wellness Policies

- Health incentives
- Physical activity breaks
- Breastfeeding accommodation
- Walking meetings and use of stairways
- Nutrition standards
- Vending

## Related Policies

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The Campaign will recognize your city's efforts by designating it as an Eager, Active or Fit City, based on the following criteria:

<b>Eager</b>	These HEAL Cities have passed at least one HEAL Cities Campaign policy in at least one of the Campaign areas: land use; healthy food; employee wellness (e.g., HEAL resolution with specific action steps and a timeline; language in general plan; zoning ordinances governing street design or community gardens; joint use of recreational facilities; employee wellness policy).
<b>Active</b>	These HEAL cities have adopted at least two HEAL Cities Campaign policies and have at least one walkable, bikable neighborhood with access to healthy food within a reasonable distance of residential areas.
<b>Fit</b>	These HEAL cities are walkable, bikable cities with policies to support healthy food access in all neighborhoods and municipal facilities. They address healthy eating and active living within their general plan, zoning ordinances and their infrastructure, and have written implementation strategies with identified partners. They have an employee wellness policy in place with implementation standards.

Your City will receive these benefits from the Campaign:

	HEAL Cities Campaign logo for city Website	Framed campaign certificate	Recognition on the HEAL Cities Campaign Website	Tailored press release for local press outlets	Recognition at the League Annual Conference	Paid ad in <i>Western Cities</i> magazine
<b>Eager</b>	✓	✓	✓	✓		
<b>Active</b>	✓	✓	✓	✓	✓	
<b>Fit</b>	✓	✓	✓	✓	✓	✓

Your city and email address: \_\_\_\_\_



HEALTHY EATING  
ACTIVE LIVING  
**CITIES**  
CAMPAIGN

The HEAL Cities Campaign is a partnership of the League of California Cities, California Center for Public Health Advocacy, and the Cities Counties and Schools Partnership. Funders include Kaiser Permanente and the Vitamin Cases Consumer Settlement Fund. One purpose of the Fund is to improve the health and nutrition of California consumers. To learn more, visit [www.HealCitiesCampaign.org](http://www.HealCitiesCampaign.org) or call Charlotte Dickson, Campaign Director, at 510-302-3387.



1           **WHEREAS**, the City Council recognizes that obesity is a serious public health threat to the  
2 health and wellbeing of adults, children and families in Huntington Park; and

3           **WHEREAS**, the City of Huntington Park is dedicated to reducing the rate of obesity in the  
4 City by implementing and promoting programs and policies that create healthier work, school, and  
5 neighborhood environments conducive to healthier eating and increased physical activity among  
6 residents.

7           **NOW, THEREFORE, THE CITY COUNCIL OF THE CITY OF HUNTINGTON**  
8 **PARK DOES RESOLVE AS FOLLOWS:**

9           **SECTION 1:** That the City of Huntington Park will become a Healthy Eating Active Living  
10 (HEAL) City.

11           **SECTION 2:** That the City of Huntington Park planners, engineers, park and recreation  
12 department, community economic and redevelopment personnel responsible for the design and  
13 construction of parks, neighborhoods, streets, and business areas, shall make every effort to plan and  
14 construct a built environment that encourages walking, biking and other forms of physical activity.

15           **SECTION 3:** That the City of Huntington Park shall promote employee wellness programs  
16 and set nutrition standards for food offered at City events, City sponsored meetings, served at City  
17 facilities and City concessions, and City programs.

18           **SECTION 4:** That the City of Huntington Park shall encourage restaurants and food retailers  
19 doing business in the City to provide health information for food and promote healthy food choices.

20           **SECTION 5:** This Resolution shall become effective immediately upon adoption.

21           **SECTION 6:** The City Clerk shall certify to the adoption of this Resolution.  
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**PASSED, APPROVED, AND ADOPTED** this 21<sup>st</sup> day of June, 2010.

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Mayor

ATTEST:

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City Clerk