

RESOLUTION NO. 2010-22

**RESOLUTION OF THE CITY OF BELL GARDENS CITY COUNCIL
ADOPTING THE HEALTHY EATING ACTIVE LIVING 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 City of Bell Gardens has received the RENEW (Renewing Environments for Nutrition, Exercise and wellness) grant and will utilize it in partnership with the Family Health Care Centers of Greater Los Angeles, Inc. to create and implement nutritional policies that will positively affect our community; and

WHEREAS, the City of Bell Gardens is a partner with First Five LA to improve nutrition and physical activity environments for children 0-5, 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, more than one out of three (35.2%) children in grade levels 5th, 7th, and 9th were overweight in 2004 in Assembly District #50, which encompasses the City of Bell Gardens; and

WHEREAS, more children are being diagnosed with diseases such as high blood pressure, asthma, orthopedic problems and gallstones, as well as low self-esteem, poor body image, depression, and diseases previously see 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, the annual cost of California- in medical bills, workers compensation and lost productivity- for overweight, obesity, and physical inactivity exceeds \$41 billion;

WHEREAS, teens and adults who consume one or more sodas or sugar sweetened beverages per day are more likely to be overweight or obese;

WHEREAS, healthy food and beverages are difficult to find as LA County has more than four times as many fast-food restaurants and convenience stores as it has supermarkets and produce vendors;

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 residents and the local workforce would decrease chronic disease and health care costs and increase productivity;

NOW THEREFORE, LET IT BE RESOLVED that the City Council hereby recognized that the obesity is a serious public health threat and that significant societal and environmental changes are needed to

support individual efforts to make healthier choices. To that end, Bell Gardens adopts this Healthy Eating Active Living resolution:

I. Built Environment

BE IT FURTHER RESOLVED that Bell Gardens planners, engineers, recreation and community services department, community economic and redevelopment personnel responsible for the design and construction of parks, neighborhoods, streets and business areas, should make every effort to:

- Partner with organizations that advocate for healthier lifestyles and teach our children/families about nutrition
- Prioritize capital improvements projects to increase the opportunities for physical activity in existing areas;
- Expand community access to indoor and outdoor public facilities through joint use agreements with schools and/or other partners

II. Employee Wellness

BE IT FURTHER RESOLVED that in order to promote wellness within the City of Bell Gardens, and to set an example for other businesses Bell Gardens Human Resources will draft an employee wellness policy that will:

- Accommodate breastfeeding employees upon their return to work;
- Encourage walking meetings and use of stairways.
- Educate recreation staff on purchasing healthy food (hoping to embrace a citywide nutrition policy)

BE IT FURTHER RESOLVED to set nutrition standards for:

- Vending machines located in city owned or leased locations;
- Food offered at city events city sponsored meetings, served at city facilities and city concessions, and city programs.

III. Healthy Food Access

BE IT FURTHER RESOLVED that the City of Bell Gardens encourages restaurants doing business in Bell Gardens to:

- Disclose the calorie amount and grams of fat for each menu item listed on a menu or menu board in a clear and conspicuous manner.
- Remove foods containing artificial trans fat from their menu offering.

BE IT FURTHER RESOLVED that the City of Bell Gardens encourages food retailers doing business in Bell Gardens to prominently feature healthy check-out lanes free sugar sweetened beverages and foods that are high in calories and fat but low in nutrition content;

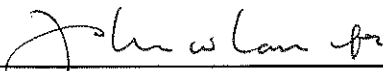
IV. Implementation

BE IT FURTHER RESOLVED that the head of each affected agency or 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 need to be taken by the City Council.


PASSED, APPROVED AND ADOPTED this 28th day of June 2010.


PRISCILLA FLORES, MAYOR

APPROVED AS TO FORM:


Arnold M. Alvarez-Glasman
City Attorney

ATTEST:


Vida Barone
Interim City Clerk

STATE OF CALIFORNIA)
COUNTY OF LOS ANGELES) SS
CITY OF BELL GARDENS)

I, the undersigned, hereby certify that the foregoing Resolution No. 2010-22 was duly adopted by the City of Bell Gardens City Council at their regular meeting of June 28, 2010 by the following vote:


AYES: Mayor Flores; Councilmembers Crespo, Infanzon and Aceituno.

NOES:

ABSTAIN:

ABSENT:

EXCUSED: Mayor Pro Tem Rodriguez


Vida Barone, Interim City Clerk