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RESOLUTION NO. R-62-10

A RESOLUTION OF THE CITY COUNCIL OF THE CITY OF COLTON SUPPORTING THE LEAGUE OF CALIFORNIA CITIES HEALTHY EATING ACTIVE LIVING (HEAL) CAMPAIGN AND MAKING COLTON AN OFFICIAL "HEAL" CITY

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, recent data as the result of testing 5th, 7th and 9th graders in Colton shows that 33.2% of the students tested were 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, more than half of California's adults are overweight or obese, and;

WHEREAS, overweight children and adults are at greater risk for numerous adverse health consequences, including stroke, high blood pressure, high cholesterol, certain cancers, asthma, low self-esteem, depression and other debilitating diseases, and;

WHEREAS, obesity shortens the average lifespan by at least four to nine months, and if childhood obesity continues to increase, it could reduce life expectancy by five years over the next several decades, and;

WHEREAS, obesity takes a tremendous toll on the health & productivity of all Californians - in medical bills, workers compensation and lost productivity, costs for obesity and physical inactivity exceed \$41.2 billion annually, and;

WHEREAS, The United States Surgeon General has issued a call to action to prevent and decrease overweight and obesity, and The United States Department of Health and Human Services has made reducing the proportion of overweight and obese children and adolescents a key goal, and;

WHEREAS, the Center for Disease Control and Prevention recommends at least 30 minutes of moderate physical activity at least five days a week for adults, and at least 60 minutes of moderate to vigorous intensity physical activity for children every day, and;

WHEREAS, the quality of the built environment, including neighborhood safety, sidewalks, streets, public transportation, restaurant and convenience store density, access to parks, trails and grocery stores, has a significant impact on obesity rates, and;

1 **WHEREAS**, in light of the foregoing statistics and considerations, the City of Colton
2 commits to do all it can to decrease the rate of obesity in the community and is committed to
3 implementing the necessary laws or policies to create healthier work, school, and
4 neighborhood environments conducive to healthier eating and increased physical activity
among residents.

5 **NOW THEREFORE BE IT RESOLVED** that the City of Colton will become a
6 Healthy Eating Active Living (HEAL) City, and;

7 **BE IT FURTHER RESOLVED** that the City of Colton will set nutrition standards
8 for food offered at city events and city sponsored meetings, and food served at city facilities,
city concessions, and city programs, and;

9 **BE IT FURTHER RESOLVED** that the City of Colton General Plan will:

- 10 • Prioritize capital improvement projects to increase opportunities for physical activity
in existing areas.
- 11 • Plan and construct a built environment that encourages walking, biking and other
12 forms of physical activity in newly-planned areas.
- 13 • Plan for park development in such a way that all residents can walk to a City park in
14 10 minutes or less.
- 15 • Facilitate the location of new grocery stores in underserved communities to increase
16 access to healthy food, including fresh fruits and vegetables.
- 17 • As zoning ordinances and specific plans are prepared or updated, incorporate standards
and guidelines whenever possible to increase opportunities for physical activity and
18 access to healthy foods, and;

19 **BE IT FURTHER RESOLVED** that redevelopment proposals and plans will
20 consider:

- 21 • Zoning to support farmers markets and community gardens.
- 22 • Plans for walk-ability and bike-ability.
- 23 • Connectivity between the redevelopment area and residential neighborhoods, schools,
24 and retail food outlets, and;

25 **BE IT FURTHER RESOLVED** that in order to promote employee wellness within
26 the City of Colton and to set an example for other businesses, the City of Colton pledges to
27 adopt and implement an employee wellness program that will include:

- 28 • Employee health incentives for healthy eating and physical activity.
- Establishing physical activity breaks for meetings over one hour in length.
- Accommodating breastfeeding employees upon their return to work.
- Encouraging walking meetings and use of stairways, and;

BE IT FURTHER RESOLVED that community gardens can improve nutrition,
physical activity, community engagement, safety, and economic vitality for a neighborhood
and its residents and the City of Colton supports efforts to establish community gardens, and;

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STATE OF CALIFORNIA)
COUNTY OF SAN BERNARDINO) ss
CITY OF COLTON)

I, EILEEN C. GOMEZ, City Clerk for the City of Colton, California, DO
HEREBY CERTIFY that the foregoing is a full, true and correct copy of Resolution
No. R-62-10, duly adopted by the City Council of said City, and approved by the Mayor
Pro Tempore of said City, at its Regular Meeting of said City Council held on the 7th day
of September, 2010, and that it was adopted as follows:

AYES: COUNCILMEMBER Toro, DeLaRosa, Yzaguirre, Oliva,
Perez, and Bennett
NOES: COUNCILMEMBER None
ABSTAIN: COUNCILMEMBER None
ABSENT: COUNCILMEMBER Mayor Chastain

Date: _____

EILEEN C. GOMEZ, City Clerk
City of Colton

(SEAL)