

**A RESOLUTION OF THE CITY COUNCIL OF THE CITY OF GRIDLEY
THAT DECLARES GRIDLEY A HEALTHY EATING, ACTIVE LIVING CITY**

WHEREAS, cities and their residents face increased health care costs and diminished quality of life due to the epidemic of obesity and its resultant health related effects of diabetes and cardiac disease. In 2004, the League of California Cities adopted a 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, the City of Gridley, already embraces the above resolution and is proactive in bike, and park planning; 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, twenty six percent of school age youth in Butte County are overweight or obese and 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, obesity takes a tremendous toll on the health, productivity of all Californians and the annual cost to California-in medical bills, workers compensation and lost productivity-for overweight, obesity and physical inactivity exceeds \$41 billions;

WHEREAS, local land use policy governs and influences individuals and their 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, BE IT RESOLVED by City Council resolution that the City of Gridley will hereby seek opportunities through land use, permitting, zoning, collaborative planning, use of city facilities and city personnel policies to offer health choices.

BE IT FURTHER RESOLVED that the City Council directs its Staff and Commissions to identify opportunities to encourage healthy choices which will include:

1. Support and promote no and low-cost recreation programming for all ages.
2. Recommendations for health goals and elements included in the city's general plan update (adopted 2009) and for future general plan updates:
 - a. Plans for walk ability and bike ability throughout the city and all its neighborhood.
 - b. Connectivity between residential neighborhoods, schools and retail food outlets.
 - c. Park and open space acreage throughout the city.
 - d. Compact, mixed use and transit oriented development.
3. Analysis of future park investments to prioritize development in underserved neighborhoods.
4. Expanded community access to indoor and outdoor public facilities through joint use agreements with schools and/or other partners.

BE IT FURTHER RESOLVED to direct city departments to continue to work with developers to include health related improvements such as connectivity for pedestrians and cyclists to their proposals that positively impact public health.

BE IT FURTHER RESOLVED to direct city departments to continue to work with the Gridley Unified School District to continue and expand their health and wellness programs at all Gridley School that currently include:

1. A ban on all soda machines located on school property.
2. Providing educational service to classrooms through the "Dairy Council".
3. Providing a monthly health food education to each classroom (Wilson and McKinley Schools) through the Sierra Cascade Nutrition and Activity Consortium administered by Chico State.
4. Providing ongoing health and wellness check ups with the local school nurse, dentist, optometrists, and physicians.
5. By encouraging children to participate in the "Presidential Physical Fitness Program."

BE IT FURTHER RESOLVED to set nutrition standards for food offered at city events, city meetings, city programs located in city owned or leased locations.

BE IT FURTHER RESOLVED to adopt an employee wellness policy that will include:

1. Promote healthy eating and physical activity by providing employees with a discount to local health and fitness clubs and through monthly "Apple bites" health and wellness emails.
2. Accommodate breastfeeding employees upon their return to work.
3. Encourage walking meetings and use of stairways.

BE IT FURTHER RESOLVED that the City of Gridley will become a Healthy Eating Active Living City entitled to campaign resources.

BE IT FURTHER RESOLVED that city staff will provide a report to the City Council annually each November regarding the City of Gridley activities and accomplishments as a HEAL city.

I HEREBY CERTIFY that the foregoing resolution was introduced and read at a regular meeting of the Gridley City Council of the City of Gridley on the 20th day of December 2010, and was duly adopted at said meeting by the following votes:


AYES:	COUNCIL MEMBERS	<u>Garner, Boeger, Mota, Stiles, Fichter</u>
NOES:	COUNCIL MEMBERS	<u>none</u>
ABSENT:	COUNCIL MEMBERS	<u>none</u>
ABSTAIN:	COUNCIL MEMBERS	<u>none</u>

ATTEST:



Rob Hickey, City Clerk

APPROVE:



Jerry Ann Fichter, Mayor