

STOCKTON CITY COUNCIL

RESOLUTION OF THE CITY COUNCIL OF THE CITY OF STOCKTON APPROVING THE CITY OF STOCKTON'S COMMITMENT TO THE HEALTHY LIVING (HEAL) CAMPAIGN

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

The League of California Cities has a strategic goal to promote and develop safe and healthy cities; 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

More than half of California's adults are overweight or obese; and

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

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

Obesity takes a tremendous toll on the health, productivity of all Californians, in medical bills, workers compensation and lost productivity, costing in excess of \$41.2 billion a year; and

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

In light of the foregoing statistics and considerations, the City of Stockton commits to do all it can to decrease the rate of obesity and overweight in its communities and is committed to implementing the necessary laws or policies to create healthier work, school, and neighborhood environments conducive to healthier eating and increased physical activity among residents; now, therefore,


BE IT RESOLVED BY THE COUNCIL OF THE CITY OF STOCKTON, AS FOLLOWS:

1. The City of Stockton City Council recognizes obesity is a serious health threat to the health and well being of adults, children, and families in San Joaquin County. The City

City Atty:

Review

Date


June 2, 2010

Council supports City participation in the Healthy Eating Active Living (HEAL) Cities Campaign that includes statewide, regional and local programs that highlight opportunities to invest in our citizen's health and wellness.

2. The City Council directs Staff and Commissions to identify opportunities to encourage healthy choices that may include recommending healthful goals and policies.
3. The City supports General Plan updates that support health and wellness choices such as:
 - walkable neighborhoods throughout the City;
 - safe access to City parks, playgrounds, and recreation amenities;
 - connectivity between redevelopment areas, residential neighborhoods, parks, schools, and retail; and
 - improvements to the City Transit Plan.
4. The City encourages healthy choices that may include:
 - expanding community access to indoor and outdoor public facilities through joint use agreements with schools and/or other partners;
 - prioritizing Capital Improvement Projects to increase the opportunities for physical activity in existing areas;
 - promoting use of City facilities to educate and offer resources to residents on healthy living choices;
 - providing healthier options of food, beverages, and snacks authorized for sale in vending machines at all City facilities;
 - using the City Health and Wellness Committee to address HEAL principles in Stockton

PASSED, APPROVED and ADOPTED JUN - 8 2010.

Ann Johnston

ANN JOHNSTON, Mayor
of the City of Stockton

ATTEST:

for Bonnie Paizi, Assistant City Clerk
KATHERINE GONG MEISSNER
City Clerk of the City of Stockton

