

**Town of Yountville**  
**Resolution Number 2932-10**

**Resolving for the Town of Yountville to be a Healthy Eating Active Living (HEAL) Town**

---

**Recitals**

- A. 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
- B. The League of California Cities has a strategic goal to promote and develop safe and healthy cities; and
- C. In July 2010 the League of California Board of Directors resolved to partner with and support the national *Let's Move Campaign*, and encourages California cities to adopt preventative measures to fight obesity; and
- D. 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
- E. One in four youth between the ages of 9 and 16 in California is overweight and 27.3% of youth in Napa County are considered overweight.
- F. 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
- G. The current generation of children are expected to have shorter lives than their parents due to the consequences of obesity; and
- H. Obesity takes a tremendous toll on the health, productivity of all Californians; and
- I. The annual cost to California—in medical bills, workers compensation and lost productivity— for overweight, obesity, and physical inactivity exceeds \$41 billion; and
- J. Teens and adults who consume one or more sodas or sugar sweetened beverages per day are more likely to be overweight or obese; and
- K. California Senate Bill 375 and Assembly Bill 32 call on cities to adopt plans to reduce greenhouse emissions which include reducing vehicular miles traveled; and
- L. Local land use policy governs development of the built environment in which individuals make personal nutrition and physical activity choices; and
- M. By supporting the health of residents and the local workforce would decrease chronic disease and health care costs and increase productivity.

**Now therefore, the Town Council of the Town of Yountville does resolve as follows:**

The Town Council hereby recognized that obesity is a serious public health threat to the health and wellbeing of adults, children and families in Yountville. While individual lifestyle changes are necessary, individual effort alone is insufficient to combat obesity's rising tide. Significant societal and environmental changes are needed to support individual efforts to make healthier choices. To that end, Yountville adopts this Healthy Eating-Active Living resolution:

**1. Built Environment**

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

- Prioritize capital improvements projects to increase the opportunities for physical activity in existing areas;
- Plan and construct a built environment that encourages walking, biking and other forms of physical activity;
- Address walking and biking connectivity between residential neighborhoods and schools, parks, recreational resources, and retail;
- Facilitate the citing of community gardens and farmers markets to increase access to healthy food, including fresh fruits and vegetables;
- Expand community access to indoor and outdoor public facilities through joint use agreements with schools and/or other partners
- Examine racial, ethnic, and socio-economic disparities in access to healthy foods and physical activity facilities or resources and adopt strategies to remedy these inequities.

**2. Employee Wellness**

BE IT FUTHER RESOLVED that in order to promote wellness within Yountville, and to set an example for other businesses, Yountville pledges continue offering an employee wellness policy that will continue to:

- Offer employee health incentives for healthy eating and physical activity ;
- Establish physical activity breaks for meetings over one hour in length;
- Accommodate breastfeeding employees upon their return to work;
- Encourage walking meetings and use of stairways.

BE IT FUTHER RESOLVED to set nutrition standards for food offered at Town events, Town programs, Town sponsored meetings, served at Town facilities and Town concessions, and Town programs.

### 3. Healthy Food Access

BE IT FUTHER RESOLVED that Yountville encourages businesses in Yountville to:

- Follow state law regarding foods containing artificial trans fat.
- Include 'healthy' menu options or highlight options on their existing menu's as healthy choices.
- Prominently feature healthy check-out lanes free of high density foods.

### 4. Implementation

BE IT FURTHER RESOLVED that the appropriate management team staff should report back to the Town Council annually regarding steps taken to implement the Resolution, additional steps planned, and any desired actions that would need to be taken by the town council.

5. The Resolution is hereby adopted and becomes effective and in full force immediately upon adoption.

**PASSED AND ADOPTED** at a regular meeting of the Town Council of the Town of Yountville, State of California, held on this 16th day of November, 2010 by the following vote:

AYES: Chilton, Dutton, Mohler, Dunbar and Saucerman  
NOES: None  
ABSENT: None  
ABSTAIN: None

/s/ Cynthia Saucerman, Mayor

ATTEST:

/s/ Michelle Dahme, Town Clerk