

RESOLUTION NO. 7129

A RESOLUTION OF THE CITY COUNCIL OF THE CITY OF REDLANDS
SETTING FORTH A COMMITMENT TO OBESITY PREVENTION

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, 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

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, one in four youth between the ages of 9 and 16 in California is 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, the current generation of children are expected to have shorter lives than their parents due to the consequences of obesity; and

WHEREAS, obesity takes a tremendous toll on the health and productivity of all Californians;

WHEREAS, the annual cost to 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, 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

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; and

WHEREAS, a Redlands Community Sustainability Plan was adopted on March 1, 2011, to guide the City's efforts to become increasingly sustainable, including efforts to improve overall public health.

NOW, THEREFORE, BE IT RESOLVED by the City Council of the City of Redlands as follows:

Section 1. The City Council hereby recognizes that obesity is a serious public health threat to the health and wellbeing of adults, children and families in the City of Redlands. While individual lifestyle changes are necessary, individual effort alone is insufficient to combat obesity. Significant societal and environmental changes are needed to support individual efforts to make healthier choices. To that end, the City Council of the City of Redlands adopts this Healthy Eating Active Living resolution.

ADOPTED, SIGNED AND APPROVED this 21st day of February, 2012.

Pete Aguilar, Mayor

ATTEST:

Sam Irwin, City Clerk

I, Sam Irwin, City Clerk of the City of Redlands, hereby certify that the foregoing resolution was duly adopted by the City Council at a regular meeting thereof held on the 21st day of February, 2012 by the following vote:

AYES:

NOES:

ABSENT:

ABSTAIN:

Sam Irwin, City Clerk