

RESOLUTION NO. 30-2012

CITY COUNCIL, CITY OF SOUTH SAN FRANCISCO, STATE OF CALIFORNIA

A RESOLUTION OF THE CITY OF SOUTH SAN FRANCISCO  
ADOPTING A HEALTHY EATING ACTIVE LIVING CITY  
POLICY

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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, 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, leaders in government have recognized the problems of persons overweight, obese and diabetic and, through an inclusive commitment, can lead the City toward increased physical activity and improved nutrition and wellness; and

WHEREAS, the current generation of children are expected to have shorter lives than their parents due to the consequences of obesity; and

WHEREAS, the annual cost to California – in medical bills, Workers' Compensation and lost productivity – for overweight, obesity and physical inactivity exceeds \$41 billion; and

WHEREAS, local land use policy governs development of the built environment in which individuals make personal nutrition and physical activity choices; and

WHEREAS, supporting the health of residents and the local work force would decrease chronic disease and health-care costs and increase productivity.

NOW, THEREFORE, BE IT RESOLVED that 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 South San Francisco. 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, the City of South San Francisco adopts this Healthy Eating Active Living Resolution; and

BE IT FURTHER RESOLVED that the City of South San Francisco will promote a healthy environment for residents and employees by:

- Planning and constructing a built environment that encourages walking, biking and other forms of physical activity.
- Continuing to expand pedestrian, bicycle and transit access throughout the City through the use of new public projects and improvements; and public-private partnerships for joint use access agreements when possible.
- Revising comprehensive plans and zoning ordinances to increase opportunities for physical activity including compact, mixed-use and transit-oriented development.
- Increasing the availability of healthy food, including fresh fruits and vegetables through continued sponsorship of the Farmer's Market.
- Continuing to encourage employers to provide shower, changing facilities, and secure bicycle storage for employees to promote use of alternative modes of transportation.
- Continuing to provide recreational programs for residents and employees.

BE IT FURTHER RESOLVED that in order to promote wellness within the City of South San Francisco and to set an example for other businesses, the City of South San Francisco pledges to continue employee wellness activities, including:

- Publicizing employee health incentives made available by its medical benefit providers;
- Forwarding to staff any complimentary issues received of wellness-related newsletters and e-zines;
- Encouraging walking meetings and the use of stairways;
- Reasonably accommodating lactating employees; and
- Encouraging physical activity breaks for meetings over two hours in length.

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I hereby certify that the foregoing Resolution was regularly introduced and adopted by the City Council of the City of South San Francisco at a regular meeting held on the 25<sup>th</sup> day of April, 2012 by the following vote:

AYES: Councilmembers Mark Addiego, Karyl Matsumoto, and Kevin Mullin,

Vice Mayor Pedro Gonzalez and Mayor Richard A. Garbarino

NOES: None

ABSTAIN: None

ABSENT: None

ATTEST:   
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 City Clerk