

SETTING FORTH THE CITY OF CERES' COMMITMENT  
TO OBESITY PREVENTION

THE CITY COUNCIL  
City of Ceres, California

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 of 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, on November 18, 2011, the League of California Cities Board of Directors unanimously voted to encourage 100% board participation in the HEAL Cities Campaign, 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, more children are being diagnosed with diseases linked to obesity and being overweight 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, 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, teens and adults who consume one or more sodas or sugar sweetened beverages per day are more likely to be overweight or obese, 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

**NOW, THEREFORE, LET IT BE RESOLVED** that the City Council of the City of Ceres hereby recognized that obesity is a serious public health threat to the health and wellbeing of adults, children and families in Ceres. 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 Ceres adopts this Healthy Eating Active Living resolution

## I. Built Environment

**BE IT FURTHER RESOLVED** that City of Ceres planners, engineers, park and recreation department, community economic and redevelopment personnel responsible for the design and construction of parks, neighborhoods, streets, and business areas, should strive to

- Prioritize capital improvement 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 siting of new grocery stores, community gardens and farmers markets in underserved communities 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
- Map existing fast food outlets and draft an ordinance which will place limits on fast food around schools and in neighborhoods with over-concentrations of unhealthy food outlets,
- Build incentives for development project proposals to demonstrate favorable impact on resident and employee physical activity and access to healthy foods,
- 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

## II. Employee Wellness

**BE IT FURTHER RESOLVED** that in order to promote wellness within Ceres, and to set an example for other businesses, Ceres will strive to encourage employee wellness through

- Healthy eating and physical activity,
- Avail a workout facility for all employees to utilize
- Accommodate breastfeeding employees upon their return to work,
- Encourage walking meetings and use of stairways

**BE IT FURTHER RESOLVED** to set nutrition standards for vending machines located in city owned or leased locations,

**BE IT FURTHER RESOLVED** to set nutrition standards for food offered at city events, city sponsored meetings, served at city facilities and city concessions, and city programs

## III. Healthy Food Access

**BE IT FURTHER RESOLVED** that Ceres encourages restaurants doing business in Ceres to

- Disclose the calorie amount and grams of fat for each menu item listed on a menu or menu board in a clear and conspicuous manner
- Discourage the serving of foods containing artificial trans fat from their menu offering

**BE IT FURTHER RESOLVED** that Ceres encourages food retailers doing business in Ceres to feature healthy check-out lanes free of high density foods,

**BE IT FURTHER RESOLVED** that restaurants and food retailers that promote healthy food choice in the above manners be recognized by the city and will be entitled to display a Ceres Healthy Eating Active Living logo.

**IV. Implementation**

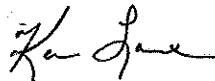
**BE IT FURTHER RESOLVED** that the head of each affected agency or department will, as time and resources permit, to report back to the City Council annually regarding steps taken to implement the Resolution, additional steps planned, and any desired actions that would need to be taken by the city council

**PASSED AND ADOPTED** by the City Council at a regular meeting thereof held on the 26<sup>th</sup> day of March, 2012, by the following vote

**AYES** Councilmembers Durossette, Kline, Ingwerson, Vice Mayor Lane

**NOES** None

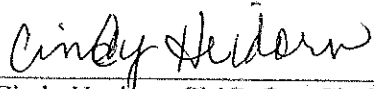
**ABSENT** Mayor Vierra



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Chris Vierra, Mayor

**ATTEST**



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Cindy Heidorn, CMC, City Clerk