RESOLUTION NO. 8545

A RESOLUTION OF THE CITY COUNCIL OF THE CITY OF CORONADO SETTING FORTH A COMMITMENT TO OBESITY PREVENTION BY BECOMING A LEAGUE OF CALIFORNIA CITIES HEALTHY EATING ACTIVE LIVING CITY

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 Cities Board of Directors resolved to partner with and support the national *Let's Move Campaign*, and encouraged California cities to adopt preventive 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 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; 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, 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 build 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.

NOW, THEREFORE, BE IT RESOLVED that the City Council hereby recognizes that obesity is a serious public health threat to the health and well-being of adults, children, and families in the City of Coronado. 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 Coronado adopts this Healthy Eating Active Living Resolution:

I. Build Environment

BE IT FURTHER RESOLVED that City of Coronado planners, engineers, recreation services, community economic and development personnel responsible for the design and construction of parks, neighborhoods, streets, and business areas should make every effort to:

- Prioritize capital improvement projects to increase the opportunity for physical activity in existing areas;
- Plan and construct a build environment that encourages walking, biking, and other forms of physical activity;
- Address walking and biking connectivity between residential neighborhoods and schools, parks, recreation resources, and retail;
- Facilitate the siting of new grocery stores and community gardens, and continue to support the farmers market at the Ferry Landing to increase access to healthy food, including fresh fruits and vegetables;
- Expand community access to indoor and outdoor public facilities through collaboration and partnerships;
- Highlight recreation programs that provide a health and wellness benefit to the participant with a "Live A Healthy Life...Recreation" logo in City recreation program brochures;
- Maintain regulations that place limits on formula fast food outlets in Coronado;
- Include health goals and policies related to physical activity and access to healthy food in the General Plan update.

II. Employee Wellness

BE IT FURTHER RESOLVED that in order to promote wellness within the City of Coronado, and to set an example for other businesses, the City of Coronado pledges to continue the "Step It Up" employee wellness program that will:

- Offer employee health incentives for healthy eating and physical activity;
- Establish physical activity breaks for meetings over two hours in length;
- Accommodate breastfeeding employees upon their return to work;
- Encourage walking meetings;
- Encourage employees to walk 10,000 steps per day, which has been found to improve health and manage body weight.

BE IT FURTHER RESOLVED to set nutrition standards for vending machines located in Cityowned or leased locations and set nutrition standards for food offered at City events, meetings, and City facilities.

III. Health Food Access

BE IT FURTHER RESOVLED that the City of Coronado encourages restaurants doing business in the City of Coronado 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;
- Remove foods containing artificial trans-fat from their menu offering.

BE IT FURTHER RESOLVED that the City of Coronado encourages food retailers doing business in the City of Coronado to prominently feature healthy check-out lanes free of high density foods.

BE IT FURTHER RESOLVED that restaurants and food retailers that promote healthy food choices in the above manners will be recognized by the City and will be entitled to display a City of Coronado Healthy Eating Active Living logo.

IV. Implementation

BE IT FUTHER RESOLVED that the Director of Recreation and the Director of Community Development should report back to the City Council annually regarding the 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 of the City of Coronado, California, this 1st day of May 2012, by the following vote, to wit:

AYES: DENNY, DOWNEY, OVROM, WOIWODE, TANAKA

NAYS: NONE ABSENT: NONE ABSTAIN: NONE

> Casey Tanaka, Mayor of the City of Coronado, California

Attest:

Linda K. Hascup, CMC

City Clerk