

**RESOLUTION NO. 2012-11**

**RESOLUTION OF THE CITY COUNCIL OF THE CITY OF LIVINGSTON  
PROMOTING HEALTHY EATING/ACTIVE LIVING**

**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**, on November 18, 2011, the League of CA 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**, one in four youth between the ages of 9 and 16 in California is overweight as well as 33% of all students tested in Merced County are considered overweight (2000 Census); 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 annual cost to California—in medical bills, workers compensation and lost productivity— for overweight, obesity, and physical inactivity exceeds \$41 billion; 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 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.

**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 Livingston. 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 Livingston adopts this Healthy Eating Active Living resolution:

### **I. Built Environment**

**BE IT FURTHER RESOLVED** that City of Livingston 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 make every effort 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 new grocery stores, community gardens and farmers markets in underserved communities to increase access to healthy food, including fresh fruits and vegetables;
- Revise comprehensive plans and zoning ordinances to increase opportunities for physical activity and access to health foods wherever and whenever possible, including compact, mixed-use and transit-oriented development;
- Include health goals and policies related to physical activity and access to healthy food in the general plan update;
- 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 the City of Livingston, and to set an example for other businesses, the City of Livingston pledges to adopt and implement an employee wellness policy that will:

- Offer employee health incentives for healthy eating and physical activity<sup>1</sup>;

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<sup>1</sup>May include incentive such as fresh fruit in break rooms, gym discounts, fifteen minutes paid exercise time per day, etc.

- 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 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 the City of Livingston encourages restaurants doing business in the City of Livingston 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 Livingston encourages food retailers doing business in the City of Livingston to prominently feature healthy check-out lanes free of high density foods.

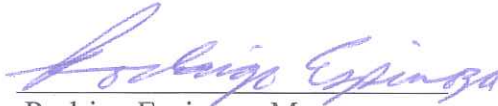
**BE IT FURTHER RESOLVED** that restaurants and food retailers that promote healthy food choice in the above manners be recognized by the city and will be entitled to display a City of Livingston Healthy Eating Active Living logo.

### **IV. Implementation**

**BE IT FURTHER RESOLVED** that the head of each affected agency or department should 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.

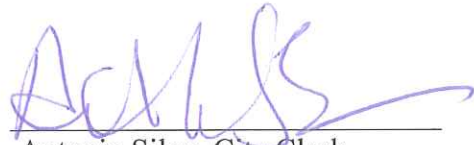
Passed and adopted this 7<sup>th</sup> day of February, 2012, by the following vote:

AYES: Mayor Espinoza and Council Members Aguilar, Land, Samra and Vierra  
 NOES: None  
 ABSENT: None

  
 Rodrigo Espinoza, Mayor  
 of the City of Livingston

ATTEST:

I, hereby certify that the foregoing resolution was regularly introduced, passed and adopted at a regular meeting of the City Council of the City of Livingston this 7<sup>th</sup> day of February, 2012.



Antonio Silva, City Clerk  
of the City of Livingston