

RESOLUTION NO. 4424-13

RESOLUTION OF THE CITY COUNCIL OF THE CITY OF UNION CITY SETTING FORTH A COMMITMENT TO OBESITY PREVENTION AND SUPPORT FOR THE HEALTHY EATING ACTIVE LIVING (HEAL) CITIES CAMPAIGN

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, Union City has been proactive to support the health of youth in the community by passing a Smoking Ordinance to restrict the sale of tobacco in the vicinity of areas where youth congregate and by requiring all rental complexes to be non-smoking facilities; and

WHEREAS, one in four (25%) youth between the ages of 9 and 16 in California is overweight and within Union City the rate is even higher, where 28 percent of Union City youth in the 5th, 7th, and 9th grades are 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; 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, supporting the health of residents and the local workforce would decrease chronic disease and health care costs and increase productivity; and

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 Union City. While individual lifestyle changes are necessary, individual effort alone is insufficient to combat obesity's rising tide. Societal and environmental changes are needed to support individual efforts to make healthier choices. To that end, the City of Union City adopts this Healthy Eating Active Living resolution:

I. Built Environment

BE IT FURTHER RESOLVED that the City of Union City personnel responsible for the design and construction of parks, neighborhoods, streets, and business areas, should make every effort to:

- Consider capital improvement projects to increase the opportunities for physical activity in existing areas; and
- Plan and construct a built environment that encourages walking, biking and other forms of physical activity; and
- Address walking and biking connectivity between residential neighborhoods and schools, parks, recreational resources, and retail through Safe Routes to School and the Pedestrian and Bicycle Master Plan; and
- Expand community access to indoor and outdoor public facilities through joint use agreements with schools and/or other partners; and
- Revise comprehensive plans and zoning ordinances to increase opportunities for physical activity wherever and whenever possible, including complete streets policies, compact, mixed-use and transit-oriented development; and
- Consider including health goals and policies related to physical activity in the general plan update and any future specific area plans; and

II. Employee Wellness

BE IT FURTHER RESOLVED that in order to promote wellness within the City, and to set an example for other businesses, the City of Union City provides:

- Free memberships (through MOUs) to its employees to the Mark Green Sports Center; and
- Ergonomic classes to all employees; and
- Reasonable accommodations for lactating employees; and
- Information through email to all Union City employees about the low-cost flu vaccinations that are offered annually at the senior center; and

BE IT FURTHER RESOLVED that the City pledges to consider adoption and implement of an employee wellness policy that will:

- Offer employee health incentives for healthy eating and physical activity; and
- Establish physical activity breaks for meetings over one hour in length; and
- Set nutrition standards for vending machines located in city owned or leased locations; and

III. Healthy Food Access

BE IT FURTHER RESOLVED that Union City staff members responsible for the design of parks, neighborhoods, streets, and business areas, should make every effort to:

- 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; and
- Revise comprehensive plans and zoning ordinances to increase opportunities for access to health foods wherever and whenever possible, including prioritizing healthy food retail in compact, mixed-use, and transit-oriented development policies, proposals and projects; and
- Include health goals and policies related to access to healthy food in the general plan update; and
- Consider mapping existing fast food outlets and draft an ordinance that will place limits on fast food around schools and in neighborhoods with over-concentrations of unhealthy food outlets; and

IV. Implementation

BE IT FURTHER RESOLVED that City staff 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, APPROVED, AND ADOPTED by the City Council of the City of Union City at a regular meeting held on the 26th day of March 2013, by the following vote:

AYES: Councilmembers Ellis, Gacoscos, and Navarro, Vice Mayor
Duncan, Mayor Dutra-Vernaci
 NOES: None
 ABSENT: None
 ABSTAIN: None

APPROVED:


 CAROL DUTRA-VERNACI
 Mayor

ATTEST:

APPROVED AS TO FORM:


 RENEE ELLIOTT
 City Clerk


 BENJAMIN T. REYES II
 City Attorney