

## RESOLUTION NO. 35 / 2013

### A RESOLUTION OF THE TOWN COUNCIL OF THE TOWN OF CORTE MADERA SETTING FORTH THE TOWN OF CORTE MADERA'S COMMITMENT TO THE HEALTHY EATING ACTIVE LIVING (HEAL) CITIES CAMPAIGN

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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**, 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 youths between the ages of 9 and 16 in California is overweight. The California Center for Public Health and Advocacy analyzed the 2004 California Physical Fitness Test of 5th, 7th and 9th graders. The analysis shows that among students in Marin County, 17.9% were 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, 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

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**WHEREAS**, by supporting the health of residents and the local workforce would decrease chronic disease and health care costs and increase productivity; and

**WHEREAS**, local schools, grocers, restaurants and a weekly Farmers' Market in Corte Madera provide for healthy food.

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

- Plan for capital improvements projects to increase the opportunities for physical activity;
- Plan and construct built environments that encourage walking, biking and other forms of physical activity;
- Address walking and biking connectivity between residential neighborhoods and schools, parks, recreational resources, and retail;
- Provide community access to indoor and outdoor public facilities through joint use agreements with schools and/or other partners;
- Allow opportunities for physical activity wherever and whenever possible, including complete streets policies and fostering walkable and bike able neighborhoods; and
- Include health goals and policies related to physical activity in the general plan update and specific area plans

**I HEREBY CERTIFY** that the foregoing resolution was duly adopted by the Town Council of Corte Madera at the meeting held on the 4<sup>th</sup> day of November, 2013, by the following vote, to wit:

AYES: Councilmembers: Bailey, Condon, Ravasio and Lappert

NOES: Councilmembers: None

ABSTAIN: Councilmembers: None

ABSENT: Councilmembers: Furst



Michael Lappert, Vice Mayor

ATTEST:



Lisa Harper, Interim Town Clerk