

RESOLUTION NO. 4485

A RESOLUTION OF THE MAYOR AND THE CITY COUNCIL OF THE CITY OF WESTMINSTER DECLARING COMMITMENT TO HEALTHY EATING AND ACTIVE LIVING AND ESTABLISHING THE CITY OF WESTMINSTER AS AN HEALTHY EATING ACTIVE LIVING (HEAL) CITY

WHEREAS, the League of California Cities has adopted an Annual Conference resolution encouraging 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, more than half of California's adults are overweight or obese or have health issues that put them 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 or obese: and

WHEREAS, more children are being diagnosed with disease 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 Californian's; and

WHEREAS, cities and residents face increased health care cost and diminished quality of life due to lack of exercise, poor diet choices, obesity and resultant health-related effects of diabetes, cardiac disease, and other health problems; and

WHEREAS, the City of Westminster already embraces policies that facilitate activities to promote healthier lifestyles and communities and hopes to grow the various programs/services offered by the Community Services Department, park resources, Community Center, Senior Center Fitness Center, trails, bike lanes, open spaces, community building facilities, and access to healthy foods: and

WHEREAS, the City has the unique ability to positively affect the health of the Westminster community now and in the future.

NOW THEREFORE, THE CITY COUNCIL OF THE CITY OF WESTMINSTER HEREBY RESOLVE AS FOLLOWS:

SECTION 1. The City of Westminster 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 Westminster. 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 Westminster supports participation in statewide, regional and local programs that support and invest in our resident's health and wellness and embraces policies and programs that create comprehensive community wellness.

SECTION 2. The City of Westminster City Council hereby adopts this Healthy Eating Active Living Resolution and declares itself a Healthy Eating Active Living City:

- I. Built Environment. City Departments responsible for the design, construction and safety of parks, neighborhoods, streets, and business areas, shall make every effort to plan and construct a safe environment that encourages walking, biking, and other forms of physical activity, including:
 - 1) Addressing the walking and biking connectivity between residential neighborhoods and schools, parks, recreational resources, and retail by developing bike and pedestrian trails and paths;
 - 2) Assess the community's needs for increased open space and continue to increase park area in the City;
 - 3) Continue and expand the joint use agreements with other public entities.
- II. Implementation. City Departments will continue to update the Mayor and City Council regarding their efforts to implement the Resolution, including additional planned programs, construction projects, and forward planning initiatives.

PASSED, APPROVED AND ADOPTED this 28th day of May 2014, by the following vote:

AYES: COUNCIL MEMBERS: TA, RICE, CAREY, CONTRERAS, QUACH
NOES: COUNCIL MEMBERS: NONE
ABSENT: COUNCIL MEMBERS: NONE

TRIMETA
TRI TA, MAYOR

ATTEST:

Robin L. Roberts
ROBIN L. ROBERTS, MMC, CITY CLERK

APPROVED AS TO FORM:

Richard D. Jones
RICHARD D. JONES, CITY ATTORNEY

STATE OF CALIFORNIA)
COUNTY OF ORANGE) ss.
CITY OF WESTMINSTER)

I, ROBIN L. ROBERTS, hereby certify that I am the duly appointed City Clerk of the City of Westminster and that the foregoing resolution was duly adopted at a regular meeting of the City Council of the City of Westminster held on the 28th day of May 2014.

Robin L. Roberts
Robin L. Roberts, MMC
City Clerk