

**RESOLUTION NO. 2014-34**

**RESOLUTION OF THE CITY COUNCIL OF THE CITY OF BRAWLEY,  
CALIFORNIA, TO BECOME A 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 principals 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**, 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, hypertension; and

**WHEREAS**, about one in four of California's children between the ages of 9 and 16 are overweight and according to the Public Health Advocacy study California Physical Fitness Test of 1,274 fifth, seventh, and ninth graders in Brawley show that 50.0% of the students tested 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**, the Centers for Disease Control and Prevention recommends at least 30 minutes of moderate physical activity at least five days a week for adults, and at least 60 minutes of moderate to vigorous intensity physical activity for children every day; and

**WHEREAS**, the quality of the built environment, including neighborhood safety, sidewalks, streets, public transportation, restaurant and convenience store density, access to parks, trails and grocery stores, has a significant impact on obesity rates; and

**WHEREAS**, in light of the foregoing statistics and considerations, the City of Brawley commits to do all it can to decrease the rate of obesity and overweight in its communities and is committed to implementing policies to create healthier work, school, and neighborhood environments conducive to healthier eating and increased physical activity among residents.

**NOW, THEREFORE, BE IT RESOLVED** by the City Council of the City of Brawley, California as follows:

The City of Brawley will continue to encourage fitness and wellness programs and facilities and work with other agencies to provide Health Education information on nutrition, fitness testing, and wellness information for its residents.

The City of Brawley will continue to collaborate with other agencies in the community to provide a number of recreation activities that promote physical activity. City staff will work with other entities such as the Boys and Girls Club, Parks & Recreation Department and youth sports associations to encourage sports, play and physical activity.

The City of Brawley will continue to work to expand community access to indoor and outdoor public facilities through joint use agreements with schools and other partners.

The City of Brawley will continue to encourage and promote the California Children's Outdoor Bill of Rights that encourages children under age of 14 to participate in a number of outdoor and cultural experiences.

The City of Brawley will continue to encourage nutrition standards for food offered at city special events, city sponsored meetings, served at city facilities and city concessions, and city programs.

I. General Plan Update

- Planning for and constructing a built environment that encourages walking, biking, hiking and other forms of physical activity;
- Encourage zoning to support community gardens;
- Create connectivity between the redevelopment area, and residential neighborhoods and schools, parks, recreational resources and retail;

II. Employee Wellness

- Offering Employees Health Fairs and Health Education Information;
- Sponsoring fitness programs for employees that may include exercise, physical activity thorough walking, and weight loss components;
- Accommodating two daily 15 minute walking breaks.
- Providing an Employee Assistance Program for employees and their families for help with addictions, work or relationship conflicts, emotional, legal, financial, and health issues; and

III. Healthy Eating

- Local farming can improve nutrition, physical activity, community engagement, safety, and economic vitality for residents and provide environmental benefits to the community.
- The City of Brawley pledges to support community efforts to establish and maintain farmers markets, recognizing that farmers markets provide fresh produce to community residents, support small farmers, and build community.

**PASSED, APPROVED AND ADOPTED** at a regular meeting of the Brawley City Council held on July 15, 2014.

**CITY OF BRAWLEY, CALIFORNIA**

  
Don C. Campbell, Mayor

**ATTEST:**

  
Alma Benavides, City Clerk

**STATE OF CALIFORNIA  
COUNTY OF IMPERIAL  
CITY OF BRAWLEY**

I, **ALMA BENAVIDES**, City Clerk of the City of Brawley, California, **DO HEREBY CERTIFY** that the foregoing Resolution No. 2014-34 was passed and adopted by the City Council of the City of Brawley, California, at an a regular meeting held on the 15<sup>th</sup> day of July 2014, and that it was so adopted by the following roll call vote: m/s/c Wharton/Noriega 5-0

**AYES:** Campbell, Couchman, Nava, Noriega, Wharton  
**NOES:** None  
**ABSTAIN:** None  
**ABSENT:** None

**DATED:** July 15, 2014

  
Alma Benavides, City Clerk