

City of Garden Grove

INTER-DEPARTMENT MEMORANDUM

To: Scott C. Stiles From: Kimberly Huy
Dept.: City Manager Dept.: Community Services
Subject: Adoption of a Resolution declaring Garden Grove a Healthy Eating Active Living (HEAL) City. (*Action Item*) Date: 3/22/2016

OBJECTIVE

To request that the City Council adopt the attached Resolution supporting the Healthy Eating Active Living (HEAL) Cities Campaign.

BACKGROUND

The Healthy Eating Active Living (HEAL) Campaign is a partnership composed of the League of California Cities, California Center for Public Health Advocacy, and the Cities, Counties, and Schools Partnership. The purpose of the HEAL Campaign is to provide training and technical assistance to City officials to adopt policies to improve their community's physical activity and food environments.

DISCUSSION

In 2004, the League of California Cities (League) 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 to adopt city design and planning principles that enable citizens of all ages and abilities to undertake exercise.

In 2006, the League adopted a resolution to work with the Institute for Local Government and the Cities, Counties, and Schools Partnership to develop a clearinghouse of information that cities can use to promote wellness policies and healthier cities, the response to which is the HEAL Campaign.

HEAL Campaign staff, under the guidance of an advisory committee of elected and executive staff leaders from 20 cities, reviewed survey responses from over 100 California cities, analyzed existing policies, and identified policies considered key to being a healthy and active community.

The HEAL Campaign encourages all California cities to adopt one or more of these policies to become a HEAL City. The City of Garden Grove demonstrates commitment to many of the policies advocated through the HEAL Campaign. For example, the current development of the City's bicycle and pedestrian master plan, joint use agreements with the school district for open space, and construction of outdoor fitness equipment meet built environments for active living. Furthermore, commitment to employee wellness through nutrition standards for vending machines, accommodations for nursing employees, and encouraging use of stairways will be implemented.

Based on these commitments, the City qualifies to become a HEAL City by adopting a resolution and submitting a letter of interest to the HEAL Campaign to receive the designation as a HEAL City.

FINANCIAL IMPACT

The Healthy Eating Active Living Campaign will have no fiscal impact.

RECOMMENDATION

It is recommended that the City Council:

- Adopt the attached Resolution supporting the Healthy Eating Active Living (HEAL) Cities Campaign. By: John Montan Sanchez, Manager

ATTACHMENTS:

GARDEN GROVE CITY COUNCIL

RESOLUTION NO.

A RESOLUTION OF THE CITY COUNCIL OF THE CITY OF GARDEN GROVE THAT
DECLARES GARDEN GROVE A HEALTHY EATING ACTIVE LIVING (HEAL) CITY

WHEREAS, 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, 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; 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;

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

WHEREAS, the City of Garden Grove already embraces policies that facilitate activities to promote healthier lifestyles and communities and hopes to grow various programs/services offered by the Community Services Department, outdoor fitness equipment, park resources, open spaces, community building facilities, and a community garden. The City has a unique ability to positively affect the health of the Garden Grove community now and in the future.

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

SECTION 1. The City of Garden Grove City Council hereby recognized that obesity is

a serious public threat to the health and well-being of adults, children and families in Garden Grove. 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 Garden Grove supports participation in statewide, regional, and local programs that support and invest in our resident's health and wellness and embrace policies and programs that create comprehensive community wellness.

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

- 1.** Built Environments: The City Departments responsible for the design and construction of parks, neighborhoods, streets, and business areas should make every effort to plan and construct a safe 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
 - Expand community access to indoor and outdoor public facilities through joint use agreements with schools and/or other partners
 - Plan and construct a built environment that encourages walking, biking, and other forms of physical activity
- 2.** Employee Wellness: In order to promote wellness within the city of Garden Grove, and to set an example for other businesses, the City of Garden Grove pledges to adopt and implement an employee wellness policy that will:
 - Set nutrition standards for vending machines located in City owned or leased locations
 - Accommodate breastfeeding employees upon their return to work
 - Encourage walking meetings and use of stairways
- 3.** Implementation: City Department will continue to update the City Council regarding their efforts to implement the Resolution, including additional planned programs, construction projects, and forward planning initiatives.