

CITY OF MOUNTAIN VIEW
RESOLUTION NO.
SERIES 2009

A RESOLUTION ADOPTING A HEALTHY CITY POLICY

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, 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, leaders in government have recognized the problems of persons overweight, obese and diabetic and, through an inclusive commitment, can lead the City toward increased physical activity and improved nutrition and wellness; and

WHEREAS, the current generation of children are expected to have shorter lives than their parents due to the consequences of obesity; 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, local land use policy governs development of the built environment in which individuals make personal nutrition and physical activity choices; and

WHEREAS, by supporting the health of residents and the local work force would decrease chronic disease and health-care costs and increase productivity; and

WHEREAS, the City sets forth the goal to have three acres of park land for every 1,000 residents across the entire City to provide access to healthy lifestyle living; and

WHEREAS, the City is a designated Bike-Friendly Community by the League of American Bicyclist with over 40 miles of safe street bikeways; and

WHEREAS, the City has historically supported healthy and active lifestyles through a comprehensive open space, park and recreation system. The City maintains 8.77 miles of trail, 29 athletic playing fields, 1,000 acres of urban and regional open space land, 1 skate park, one 18-hole golf course, 2 indoor sports centers, 2 aquatic centers, 35 tennis courts and 147 community garden spaces; and

WHEREAS, the City is currently updating its General Plan, which will address the health and well-being of the community to the year 2030 through health-related goals and policies that influence the built environment. General Plan goals and policies will be developed that reflect the desires of the community over a wide variety of policy areas, including, but not limited to, potential enhancements to the City's pedestrian and bicycle network, and the location and form of mixed-use and transit-oriented developments;

NOW, THEREFORE, BE IT RESOLVED that the City of Mountain View will promote a healthy environment for residents and employees by:

- Increasing the availability of healthy food, including fresh fruits and vegetables, through community gardens and the Farmer's Market.
- Continuing to expand pedestrian, bicycle and transit access throughout the City through the use of new public projects and improvements; and public-private partnerships for joint-use access agreements.
- Continuing to encourage employers to provide facilities for employees to use alternative modes of transportation, such as showers and changing rooms.
- Continuing to provide recreational programs for residents and employees.

BE IT FURTHER RESOLVED that the City of Mountain View City Council and staff are to act as role models for health and wellness for the City by:

- Promoting of healthy eating and active living by accommodating breast-feeding employees upon their return to work.
- Making available healthy food service and vending choices.
- Providing access to safe stairways.
- Offering access to Recreation Division exercise classes and aquatic facilities at free or reduced costs.
- Providing access to a free exercise facility and showers 24 hours per day.

BE IT FURTHER RESOLVED that the City Council hereby recognizes that obesity is a serious public health concern. Significant societal and environmental changes are needed to support individual efforts to make healthier choices. To that end, the City of Mountain View adopts this healthy eating active living resolution.

KC/7/RESO
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