

COPY

RESOLUTION NO. 2009-156

RESOLUTION OF THE LA MESA CITY COUNCIL SUPPORTING THE LEAGUE OF CALIFORNIA CITIES "HEALTHY EATING, ACTIVE LIVING" (HEAL) CAMPAIGN

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;

WHEREAS, more than half of California's adults are overweight or obese;

WHEREAS, overweight children and adults are at greater risk for numerous adverse health consequences, including stroke, high blood pressure, high cholesterol, certain cancers, asthma, low self-esteem, depression and other debilitating diseases;

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;

WHEREAS, in 2007-2008 in the La Mesa-Spring Valley School District, 30% of 5th graders and 32% of 7th graders were not in the Healthy Fitness Zone (HFZ), for body mass index and the percent of 9th grade students not in the HFZ at high schools serving La Mesa and Spring Valley ranged from 22% to 48%;

WHEREAS, obesity takes a tremendous toll on the health, productivity of all Californians --in medical bills, workers compensation and lost productivity— for overweight, obesity, and physical inactivity exceeds \$41.2 billion a year; and

WHEREAS, in light of the foregoing statistics and considerations, the City of La Mesa through its "ready...set...Live Well Initiative" continues to do all it can to decrease the rate of obesity and overweight in its communities and through the public process is committed to implementing the appropriate laws or policies to create healthier work, school, and neighborhood environments conducive to healthier eating and increased physical activity among residents.

BE IT RESOLVED that since the City of La Mesa is currently updating its General Plan, it will add a Health/Wellness/Sustainability Element which will address the health, wellness and sustainability of the community through systems and environmental change policies that impact the built environment. And that General Plan goals will be developed the reflect the desires of the community in a wide variety of policy areas, including, but not limited to, enhancement to the City's sidewalk and bicycle network, consideration of comprehensive plans and zoning ordinances to increase opportunities for physical activity and access to healthy foods wherever and whenever possible; support land use policies and zoning regulations to support farmers markets and community gardens.

BE IT FURTHER RESOLVED that the City of La Mesa will continue to strive to upgrade and increase as feasible, the number of green spaces in the City.

BE IT FURTHER RESOLVED that the City of La Mesa will continue to provide recreational programs for the community, seeking to ensure programs are offered by the City or others in underserved areas.

BE IT FURTHER RESOLVED that the City of La Mesa will recommend offering healthy options at city events, city sponsored meetings, served at city facilities and city concessions, and city programs.

BE IT FURTHER RESOLVED that in order to promote employee wellness within the City and to set an example for other businesses, the City's employee wellness program will include:

- Employee health incentives for healthy eating and physical activity
- Encouraging walking meetings and use of stairways
- Making every effort to better accommodate breastfeeding employees upon their return to work.

BE IT FURTHER RESOLVED that the City of La Mesa will strive to be a healthy living active City and encourages its citizens of all ages, neighborhoods, families and businesses to support our efforts to be the healthiest and most livable city in the region.

PASSED AND ADOPTED at a Regular meeting of the City Council of the City of La Mesa, California, held the 27th day of October 2009, by the following vote, to wit:

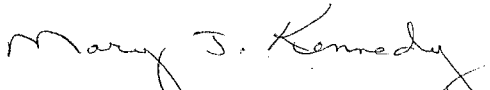
AYES: Councilmembers Allan, Arapostathis, Ewin, Sterling and Mayor Madrid

NOES: None

ABSENT: None

CERTIFICATE OF CITY CLERK

I, MARY J. KENNEDY, City Clerk of the City of La Mesa, California, do hereby certify the foregoing to be a true and exact copy of Resolution No. 2009-156, duly passed and adopted by the City Council of said City on the date and by the vote therein recited.


MARY J. KENNEDY, CMC, City Clerk

(SEAL OF CITY)