

MEETING DATE: October 14, 2009

ITEM # 4


SUBJECT:

**CONSIDERATION OF RESOLUTION 09-79  
SUPPORTING THE HEALTHY EATING ACTIVE LIVING CITIES CAMPAIGN**

INITIATED OR REQUESTED BY:

REPORT COORDINATED OR PREPARED BY:

Council     Staff  
 Other

  
Philip A. Wright, Director of Human Resources & Labor Relations

ATTACHMENT  Yes     No     Information     Direction     Action

**OBJECTIVE**

This report seeks guidance from the Council regarding support for the Healthy Eating Active Living Cities Campaign.

**RECOMMENDED ACTION**

It is respectfully recommended that the Council:

- 1) Adopt Resolution 09-79 supporting the Healthy Eating Active Living Cities Campaign; and
- 2) Direct staff to periodically report back regarding steps taken to implement this Resolution.

**BACKGROUND**

Cities and their residents face increased health care costs and diminished quality of life due to the epidemic of obesity and overweight employees and citizens. Cities can address the crisis in a number of ways including the implementation of land use and employee policies which encourage physical activity and nutritious eating.

The League of California Cities (the "League") led the way with a resolution in 2004 which encouraged cities to embrace policies that promote healthier lifestyles and communities. Two years later, the League adopted a resolution to work together with the Institute for Local Government, and the Cities Counties and Schools ("CCS") Partnership to develop a clearinghouse of information that cities can use to promote wellness policies and healthier cities. In response to the League resolution, the League, the CCS Partnership and the California Center for Public Health Advocacy launched the "Healthy Eating Active Living Cities Campaign."

**ANALYSIS**

When the city of West Sacramento adopted its first General Plan in 1990 less than 10% of Californians were identified as obese. Now nearly 23% of all Yolo County adult residents are obese. Through programs, policies and land use decisions over the years, the Council has supported healthy and active lifestyle choices. Examples include the connectivity between residential neighborhoods and schools, plans for walkable and bike friendly neighborhoods, a comprehensive park and trail system, the City's new Recreation Center, the City's Community Center which will be completed in 2010 and internal programs to promote healthy lifestyles for employees and for residents involved in various city programs.

This Resolution identifies obesity as a serious health threat to the community and demonstrates the Council's commitment to continue making land use and policy decisions to assist citizens in personal nutrition and physical activity choices; encourage local businesses to provide health information for food and promote healthy food choices; and, support the Healthy Living Active Living Cities Campaign through education and outreach to the community. Finally, the Resolution directs the Director of Human Resources & Labor Relations to report back to the Council periodically regarding steps taken to implement the Resolution.

Strategic Plan Integration

This Resolution supports the following 2009 Policy and Management Agenda items:

- 1) Streetcar Development
- 2) Streetcar and Transit Plan
- 3) West Capitol Avenue Streetscape
- 4) Recreation Center Use & Access
- 5) Neighborhood Stabilization Program
- 6) Bridge District
- 7) General Plan

Alternatives

- 1) Reject the Resolution
- 2) Modify the Resolution

Coordination and Review

This report was reviewed by the City Manager and City Planner.

Budget/Cost Impact

There is no cost based on the recommended action.

**ATTACHMENT**

Resolution 09-79

## RESOLUTION 09-79

### A RESOLUTION OF THE CITY COUNCIL OF THE CITY OF WEST SACRAMENTO SUPPORTING THE HEALTHY EATING ACTIVE LIVING CITIES CAMPAIGN

**WHEREAS;** in 2004, the League of California Cities adopted an Annual Conference resolution to encourage cities to embrace polices 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;** one in four youth between the ages of 9 and 16 in California is overweight putting them at greater risk for diseases linked to obesity including type 2 diabetes and heart disease; and

**WHEREAS;** the annual cost to California-in medical bills, workers' compensation and lost productivity- from overweight individuals, 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;** the city of West Sacramento has supported healthy and active lifestyle choices through programs, policies and land use decisions such as connectivity between residential neighborhoods and schools, plans for walkable and bike friendly neighborhoods, a comprehensive park and trail system, the city's new Recreation Center, the city's Community Center (in progress) and internal programs to promote healthy lifestyles for employees and for residents involved in various city programs.

**NOW, THEREFORE, BE IT RESOLVED** that the City Council of the city of West Sacramento hereby recognizes that obesity is a serious health threat to the health and wellbeing of adults, children and families in West Sacramento. 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 West Sacramento adopts this Healthy Eating Active Living Cities Campaign resolution to include the following:

- The city of West Sacramento shall continue to make land use and policy decisions to assist individuals in personal nutrition and physical activity choices.

- The city of West Sacramento shall work with local businesses to encourage them to provide health information for food and promote healthy food choices.
- The city of West Sacramento will support the Healthy Eating Active Living (HEAL) Cities Campaign through education and outreach to the community.
- The city of West Sacramento will use the city's Health & Wellness Committee to address HEAL Cities principles in West Sacramento and the Director of Human Resources & Labor Relations shall report back to the City Council periodically regarding steps taken to implement this Resolution.

**PASSED AND ADOPTED** by the City Council of the City of West Sacramento this 14th day of October, 2009, by the following vote:

**AYES:**

**NOES:**

**ABSENT:**

\_\_\_\_\_  
Christopher L. Cabaldon, Mayor

**ATTEST:**

\_\_\_\_\_  
Kryss Rankin, City Clerk