

IN THE CITY COUNCIL OF THE CITY OF SAN LEANDRO

RESOLUTION NO. 2009-162

(1123)

RESOLUTION SETTING FORTH THE CITY OF SAN LEANDRO'S COMMITMENT TO OBESITY PREVENTION, AND ENDORSING THE HEALTHY EATING ACTIVE LIVING (HEAL) CITIES 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; 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 and 31% of San Leandro 5th-9th graders tested were overweight;

WHEREAS, more children are being diagnosed with diseases linked to being overweight and obese 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 and productivity of all Californians;

WHEREAS, the estimated annual cost to California—in medical bills, workers compensation and lost productivity— for overweight, obesity, and physical inactivity will reach \$52.7 billion in 2011; if the state is able to achieve a 5% reduction in the prevalence of these risk factors, the savings realized would average nearly \$2.4 billion per year;

WHEREAS, California Senate Bill 375 and Assembly Bill 32 call on cities to adopt plans to reduce greenhouse emissions which include reducing vehicular miles traveled; and

WHEREAS, local land use policy governs development of the built environment in which individuals make personal nutrition and physical activity choices; and

WHEREAS, supporting the health of residents and the local workforce would decrease chronic disease and health care costs and increase productivity.

NOW, THEREFORE, BE IT RESOLVED that the City Council hereby recognizes that obesity is a serious public health threat to the health and well-being of adults, children and families in San Leandro. 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 San Leandro adopts this Healthy Eating Active Living resolution, as follows:

I. Built Environment

BE IT FURTHER RESOLVED that City of San Leandro planners, engineers, parks, recreation, community economic and redevelopment personnel responsible for the design and construction of parks, neighborhoods, streets, and business areas, should make every effort to:

- Consider capital improvements projects to increase the opportunities for physical activity in existing areas;
- Plan and construct a built 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;
- Facilitate the siting of new grocery stores, community gardens, urban agriculture and farmers markets in underserved communities to increase access to healthy food, including fresh fruits and vegetables;
- Expand community access to indoor and outdoor public facilities through joint use agreements with schools and/or other partners;
- Revise comprehensive plans and zoning ordinances to increase opportunities for physical activity including compact, mixed-use and transit-oriented development;
- Include health goals and policies related to physical activity and access to healthy food in the general plan update.

II. Employee Wellness

BE IT FURTHER RESOLVED that in order to promote wellness within the City of San Leandro and to set an example for other businesses, the City of San Leandro pledges to continue employee wellness activities, including:

- Publicizing employee health incentives made available by its medical benefit providers;
- Forwarding to all staff via email any complimentary issues received of wellness-related newsletters and e-zines;
- Encouraging walking meetings and the use of stairways;
- Reasonably accommodating lactating employees;
- Encouraging physical activity breaks for meetings over two hours in length;
- Coordinating flu vaccinations for City employees when provided at no cost to the City;
- Providing links to wellness information via its intranet; and
- Encouraging local fitness centers to offer discounts to City employees.

BE IT FURTHER RESOLVED to encourage healthy eating by providing nutritious, low-fat choices among food offered at City events, City-sponsored meetings, City facilities, concessions, and programs.

III. Healthy Food Access

BE IT FURTHER RESOLVED that the City of San Leandro encourages restaurants doing business in San Leandro to:

- Disclose the calorie amount and grams of fat for each menu item listed on a menu or menu board in a clear and conspicuous manner.
- Remove foods containing artificial trans fat from their menu offering.

BE IT FURTHER RESOLVED that restaurants and food retailers that promote healthy food choice in the above manners will be recognized by the City and will be entitled to display a San Leandro Healthy Eating Active Living logo.

IV. Implementation

BE IT FURTHER RESOLVED that the head of each department affected will make every effort to meet the terms listed above, make health and wellness a priority and bring forward to the City Manager new concepts that continue to support and encourage health and wellness in the San Leandro community.

Introduced by Councilmember Gregory and passed and adopted this 7th day of December, 2009, by the following called vote:

Members of the Council:

AYES: Councilmembers Gregory, Prola, Reed, Souza, Starosciak, Stephens;
Mayor Santos (7)

NOES: None (0)

ABSENT: None (0)

ATTEST: Marian Handa
Marian Handa, City Clerk