

CITY OF SANGER

RESOLUTION NO. 4172

**A RESOLUTION OF THE CITY COUNCIL OF THE CITY OF SANGER
DECLARING THAT THE CITY WILL BECOME
A HEALTHY EATING ACTIVE LIVING CITY**

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, The California Center for Public Health Advocacy's 2004 California Physical Fitness Test of 1,274 5th, 7th and 9th graders in Sanger show that 34.8% of the students tested were 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, more than half of California's adults are overweight or obese; and

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;ⁱ and

WHEREAS, obesity shortens the average lifespan by at least four to nine months, and if childhood obesity continues to increase, it could reduce life expectancy by five years over the next several decades;ⁱⁱ and

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, The United States Surgeon General has issued a call to action to prevent and decrease overweight and obesity,ⁱⁱⁱ and The United States Department of Health and Human Services has made reducing the proportion of overweight and obese children and adolescents a key goal;^{iv} and

WHEREAS, the Center for Disease Control and Prevention recommends at least 30 minutes of moderate physical activity at least five days a week for adults, and at least 60 minutes of moderate to vigorous intensity physical activity for children every day;^v and

WHEREAS, the quality of the built environment, including neighborhood safety, sidewalks, streets, public transportation, restaurant and convenience store density, access to parks, trails and grocery stores, has a significant impact on obesity rates;^{vi} and

WHEREAS, in light of the foregoing statistics and considerations, the City of Sanger commits to do all it can to decrease the rate of obesity and overweight in its community and is committed to implementing the necessary laws or policies to create healthier work, school, and neighborhood environments conducive to healthier eating and increased physical activity among its residents;

NOW, THEREFORE BE IT RESOLVED that the City of Sanger will become a Healthy Eating Active Living City;

BE IT FURTHER RESOLVED that the City of Sanger will set nutrition standards for food offered at city events, city sponsored meetings, served at city facilities and city concessions, and city programs;

BE IT FURTHER RESOLVED that the City of Sanger General Plan will:

- Prioritize capital improvement projects to increase opportunities for physical activity in existing areas;
- Continue to plan and construct a built environment that encourages walking, biking and other forms of physical activity;
- Facilitate the siting of new grocery stores in underserved areas to increase access to healthy food, including fresh fruits and vegetables;
- Revise the general plan and zoning provisions to increase opportunities for physical activity and access to healthy foods wherever and whenever possible; and

BE IT FURTHER RESOLVED that redevelopment proposals and plans will include:

- Zoning to support farmers markets and community gardens;
- Plans for walk ability and bike ability;
- Connectivity between the redevelopment area, and residential neighborhoods and schools and retail food outlets;

BE IT FURTHER RESOLVED that in order to promote employee wellness within the City of Sanger and to set an example for other businesses, the City of Sanger pledges to adopt and implement an employee wellness program that will include:

- Employee health incentives for healthy eating and physical activity
- Establishing physical activity breaks for meetings over one hour in length
- Accommodating breastfeeding employees upon their return to work
- Encouraging walking meetings and use of stairways

BE IT FURTHER RESOLVED that community gardens can improve nutrition, physical activity, community engagement, safety, and economic vitality for a neighborhood and its residents and provide environmental benefits to the community, the City of Sanger supports efforts to establish community gardens.

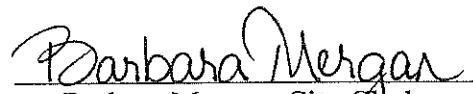
BE IT FURTHER RESOLVED that the City of Sanger pledges to support community efforts to establish and maintain farmers markets, recognizing that farmers markets provide fresh produce to community residents, support small farmers, and build community.

I HEREBY CERTIFY that the foregoing is a full, true and correct copy of a resolution duly and regularly adopted and passed by the City Council of the City of Sanger, California at a regular meeting thereof held on the 15th day of October, 2009 by the following vote.

AYES: Councilmembers: Villarreal, Ruiz, Castellano, Pena

NOES: Councilmembers: None

ABSENT: Councilmembers: Montelongo


Barbara Mergan, City Clerk

ⁱ US Department of Health and Human Services, Office of the Surgeon General. *The Surgeon General's Call to Action to Prevent and Decrease Overweight and Obesity*. Rockville: US Department of Health and Human Services, Public Health Service, Office of the Surgeon General, 2001. Available at:

http://surgeongeneral.gov/topics/obesity/calltoaction/fact_adolescents.htm.

ⁱⁱ Olshansky JS, Passaro DJ, Hershov RC, et al. "A Potential Decline in Life Expectancy in the United States in the 21st Century." *New England Journal of Medicine*, 352: 1138-1145, 2005.

ⁱⁱⁱ *The Surgeon General's Call to Action to Prevent and Decrease Overweight and Obesity*, *supra* note i.

^{iv} US Department of Health and Human Services, Office of Disease Prevention and Health Promotion. *Healthy People 2010*. Available at: http://www.healthypeople.gov/Document/HTML/uih/uih_4.htm.

^v Centers for Disease Control, Division of Nutrition, Physical Activity and Obesity, National Center for Chronic Disease Prevention and Health Promotion, "Physical Activity for Everyone." Available at www.cdc.gov/physicalactivity/everyone/guidelines.

^{vi} KM Booth, MM Pinkston, WS Carlos et al. "Obesity and the Built Environment." *Journal of the American Dietetic Association* 2005;105:S110-S117.