

RESOLUTION NO. 09-47

**A RESOLUTION OF THE CITY COUNCIL OF THE CITY OF SAN JOAQUIN
ADVOCATING HEALTHY EATING AND ACTIVE LIVING**

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 Reedley show that 30.1% 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;¹ 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;² and

WHEREAS, obesity takes a tremendous toll on the health and productivity of all Californians --in medical bills, worker's compensation and lost productivity resulting in cost that exceeds \$41 billion a year; and

WHEREAS, The United States Surgeon General has issued a call to action to prevent and decrease overweight and obesity,³ 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;⁴ 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 intense physical activity for children every day;⁵ 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 and access to healthy foods has a significant influence on obesity rates;⁶ and

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

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

BE IT FURTHER RESOLVED that the City of San Joaquin has established nutrition standards for food served at City facilities and will offer healthy meals or alternatives at City events, meetings and programs; and

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

- Prioritize capital improvement projects to increase opportunities for physical activity in exiting areas;
- 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 communities to increase access to healthy food, including fresh fruits and vegetables;
- Revise comprehensive plans and zoning ordinances 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 walkability and bikeability;
- Connectivity between the redevelopment area, and residential neighborhoods and schools and retail food outlets; and

BE IT FURTHER RESOLVED that in order to promote employee wellness within the City of San Joaquin and to set an example for other businesses, the City of San Joaquin has adopted and implemented 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 San Joaquin supports efforts to establish community gardens; and

BE IT FURTHER RESOLVED that the City of San Joaquin 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.

This foregoing resolution is hereby approved this 14th day of October, 2009, by the following vote:

AYES: 3 Dhaliwal, Hernandez, Reynaga
NOES: 0
ABSENT: 2 Lua, Vallejo
ABSTAIN: 0

Amarpreet Dhaliwal, Mayor

ATTEST:

Diana Brooks, City Clerk

¹ 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.

² 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.

³ *The Surgeon General's Call to Action to Prevent and Decrease Overweight and Obesity*, *supra* note 1.

⁴ 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.

⁵ 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.

⁶ KM Booth, MM Pinkston, WS Carlos et al. "Obesity and the Built Environment." *Journal of the American Dietetic Association* 2005;105:S110-S117.
