

RESOLUTION NO. 2011-177

A RESOLUTION OF THE CITY COUNCIL OF THE CITY OF ELK GROVE SETTING FORTH A COMMITMENT TO OBESITY PREVENTION

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, in July 2010 the League of California Cities Board of Directors resolved to partner with and support the national Let's Move Campaign, and encourages California cities to adopt preventative measures to fight obesity; 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 locally 23.3% of Elk Grove youths in grades 5, 7, and 9 are overweight (as reported by the California Center for Public Health Policy); and

WHEREAS, *more children are being diagnosed with diseases linked to being overweight and obese than previously seen, 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; and

WHEREAS, the annual cost to California — in medical bills, workers compensation and lost productivity — for overweight, obese, and physically inactive residents exceeds \$41 billion; and

WHEREAS, teens and adults who consume one or more sodas, or sugar sweetened beverages, per day are more likely to be overweight or obese; 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 may lead to decreases in chronic disease and health care costs and increase productivity.

NOW, THEREFORE, LET IT BE RESOLVED that the City Council of the City of Elk Grove hereby recognizes that obesity is a serious public health threat to the health and wellbeing of adults, children and families in Elk Grove. While individual lifestyle changes are necessary, individual efforts alone are insufficient to combat obesity's increasing trend. Significant societal and environmental changes are needed to support individual efforts to make healthier choices. To that end, the City of Elk Grove adopts this Healthy Eating Active Living resolution:

I. BUILT ENVIRONMENT

BE IT FURTHER RESOLVED that the City of Elk Grove will make every effort to:

- Prioritize 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 through the continued expansion of the City's trails network (General Plan policies PTO-1, PTO-17);
- Address walking and biking connectivity between residential neighborhoods and schools, parks, recreational resources, and retail;
- Continue to promote the use of community gardens through zoning regulations that make them permitted by right in all residential zoning districts (concurrent with General Plan policy CAQ-4); and
- Incorporate policies and programs into the City's pending Sustainability Element and Climate Action Plan that support public health and safety and local food production and distribution.

II. EMPLOYEE WELLNESS

BE IT FURTHER RESOLVED that in order to promote wellness within the City of Elk Grove, and to set an example for other businesses, the City of Elk Grove pledges to continue its Employee Wellness Program which includes the following:

- Daily fitness programs for all employees and ensure maximum accessibility and participation;
- One-on-one consultations with Wellness Coach to set individual wellness goals;
- Online tools for nutrition and weight management programs, including smoking cessation programs, tracking and guidance, and weekly news articles;
- A monthly Health and Wellness newsletter, promote and encourage employees to participate in wellness programs, activities and competitions;
- Coordinate a cooperative agreement with a local fitness centers for discount memberships;
- Specific fitness program designed for sworn personnel based on the performance standards set forth in Law Enforcement standards;

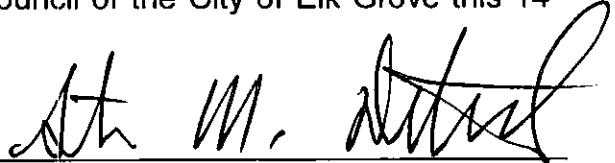
- Annual reports showing status of obtaining goals in fitness, health classes and/or activities;
- Return to Work program for employees who sustain work-related injuries; and
- Encourage a strong life/work balance.

BE IT FURTHER RESOLVED for the City of Elk Grove to set nutrition standards for vending machines located in City operated locations.

III. HEALTHY FOOD ACCESS

BE IT FURTHER RESOLVED that restaurants and food retailers that promote healthy food choices be recognized by the City of Elk Grove and be entitled to display a Healthy Eating Active Living logo at their establishments.

PASSED AND ADOPTED by the City Council of the City of Elk Grove this 14th day of September 2011.



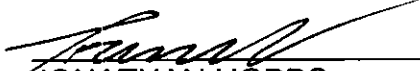
STEVEN M. DETRICK, MAYOR of the
CITY OF ELK GROVE

ATTEST:



JASON LINDGREN, CITY CLERK

APPROVED AS TO FORM:



JONATHAN HOBBS,
INTERIM CITY ATTORNEY

**CERTIFICATION
ELK GROVE CITY COUNCIL RESOLUTION NO. 2011-177**

STATE OF CALIFORNIA)
COUNTY OF SACRAMENTO) **ss**
CITY OF ELK GROVE)


I, Jason Lindgren, City Clerk of the City of Elk Grove, California, do hereby certify that the foregoing resolution was duly introduced, approved, and adopted by the City Council of the City of Elk Grove at a regular meeting of said Council held on September 14, 2011 by the following vote:

AYES : COUNCILMEMBERS: *Detrick, Cooper, Hume, Scherman*

NOES: COUNCILMEMBERS: *None*

ABSTAIN : COUNCILMEMBERS: *None*

ABSENT: COUNCILMEMBERS: *Davis*


Jason Lindgren, City Clerk
City of Elk Grove, California