



AGENDA REPORT
SAN CLEMENTE CITY COUNCIL MEETING
 Meeting Date: April 3, 2012

Agenda Item _____
 Approvals: _____
 Dept. Head _____
 Manager _____
 Admin. Asst. _____
 Finance _____

Department: Beaches, Parks and Recreation

Prepared By: Pamela Passow, Recreation Manager

Subject: *HEALTHY EATING ACTIVE LIVING (HEAL) CITY RESOLUTION*

Background: The City of San Clemente was awarded a grant from the Nutrition and Physical Activity Collaborative (NuPAC) in 2010. The goal of this project was to align the City of San Clemente with the County of Orange Obesity Prevention Plan and establish a City-wide focus on the prevention of obesity and obesity related illnesses. The intent was for funding to go toward policy development that would build upon San Clemente’s assets and design a vision and city-wide plan for obesity prevention through increased opportunities for physical activity. The grant helped fund the Bike & Pedestrian Master Plan and a Community Forum on Obesity Prevention in 2011. As part of the NuPAC grant, the City is required to become a Healthy City.

Summary: Cities and their residents face increased health care costs and diminished quality of life due to the epidemic of obesity. City leaders across California are addressing the crisis by implementing land use and employee policies which encourage physical activity and nutritious eating. The League of California Cities 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 Partnership (CCS Partnership) to develop a clearinghouse of information that cities can use to promote wellness policies and healthier cities. In response to this League resolution, the League, the CCS Partnership, and the California Center for Public Health Advocacy have launched the “Healthy Eating Active Living Cities Campaign” (HEAL Cities).

NuPAC supports communities becoming HEAL Cities. This will also satisfy the requirement of the City of San Clemente becoming a Healthy City for the NuPAC grant received in 2010. The attached resolution builds on the model provided by HEAL Cities and includes modifications based on local conditions, existing policy and programs, and is aligned with the City’s General Plan currently in development. The resolution recognizes that 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. The resolution makes recommendations in the areas of built environment, employee wellness, and healthy food access.

At the March 13, 2012 Beaches, Parks and Recreation Commission meeting, the Commission voted unanimously to support the adoption of the HEAL resolution.

Recommended

Action: BEACHES, PARKS AND RECREATION COMMISSION AND STAFF RECOMMENDS THAT the City Council adopt a Resolution supporting the Healthy Eating Active Living (HEAL) Cities Campaign.

Fiscal Impact: None

Attachments: Resolution supporting the Healthy Eating Active Living (HEAL) Cities Campaign.

Notification: NuPAC

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RESOLUTION NO.

A RESOLUTION OF THE CITY COUNCIL OF THE CITY OF SAN CLEMENTE, CALIFORNIA, DECLARING THAT SAN CLEMENTE IS A HEALTHY EATING ACTIVE LIVING (HEAL) 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, 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 16.2% of San Clemente youth are overweight.

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, 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, productivity of all Californians;

WHEREAS, the annual cost to California—in medical bills, workers compensation and lost productivity— for overweight, obesity, and physical inactivity exceeds \$41 billion;

WHEREAS, teens and adults who consume one or more sodas or sugar sweetened beverages per day are more likely to be overweight or obese;

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

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NOW, THEREFORE, LET IT BE RESOLVED that the City Council hereby recognized that obesity is a serious public health threat to the health and wellbeing of adults, children and families in the City of San Clemente. 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 Clemente adopts this Healthy Eating Active Living resolution:

I. Built Environment

BE IT FURTHER RESOLVED that the City of San Clemente staff responsible for the design and construction of parks, neighborhoods, streets, and business areas, should make every effort to:

- 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 citing of new grocery stores, community gardens 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;
- 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 Clemente, and to set an example for other businesses, the City of San Clemente pledges to adopt and implement an employee wellness policy that will:

- Offer employee health incentives for healthy eating and physical activity ;
- Encourage healthy eating at employee meetings and luncheons;
- Accommodate breastfeeding employees upon their return to work;
- Encourage walking meetings and use of stairways.

III. Healthy Food Access

BE IT FURTHER RESOLVED to provide healthy vending machines located in City parks and facilities;

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BE IT FURTHER RESOLVED to encourage healthy food offerings at City events, City sponsored meetings, and City programs.

IV. Implementation

BE IT FURTHER RESOLVED that the City of San Clemente will endeavor to incorporate the recommendations contained in this resolution into policies and actions and as appropriate report to the City Council and the community the implementation of such policies and actions.

PASSED AND ADOPTED this _____ day of _____, _____.

ATTEST:

City Clerk of the City of
San Clemente, California

Mayor of the City of
San Clemente, California

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STATE OF CALIFORNIA)
 COUNTY OF ORANGE) §
 CITY OF SAN CLEMENTE)

I, JOANNE BAADE, City Clerk of the City of San Clemente, California, do hereby certify that Resolution No. _____ was adopted at a regular meeting of the City Council of the City of San Clemente held on the _____ day of _____, _____, by the following vote:

AYES:

NOES:

ABSENT:

IN WITNESS WHEREOF, I have hereunto set my hand and affixed the official seal of the City of San Clemente, California, this _____ day of _____, _____.

 CITY CLERK of the City of
 San Clemente, California

Approved as to form:

 City Attorney

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