

RESOLUTION NO. 2011-02

A RESOLUTION OF THE CITY COUNCIL OF THE CITY OF BEAUMONT, CALIFORNIA, ADOPTING THE HEALTHY EATING ACTIVE LIVING (HEAL) 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 therefore facing greater risks of developing type 2 diabetes, high blood pressure, asthma, orthopedic problems and gallstones, as well as low self-esteem, poor body image, and depression; 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; and

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

WHEREAS, the city of Beaumont has supported healthy and active lifestyle choices through programs, policies and land use decisions such as connectivity between residential neighborhoods and school, plans for walkable and bike friendly neighborhoods, a comprehensive park and trail system, the city's new Community Center, and internal programs to promote healthy lifestyles for employees and for residents involved in various city programs.

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 Beaumont. 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 Beaumont adopts this Healthy Eating Active Living resolution:

- 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;
- Expand community access to indoor and outdoor public facilities through joint use agreements with schools and/or other partner

I. Wellness for Citizens and Employees

BE IT FURTHER RESOLVED that in order to promote wellness within the city of Beaumont, and to set an example for other businesses, Beaumont pledges to adopt and implement an employee wellness policy that will:

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

BE IT FURTHER RESOLVED to set nutrition standards for food offered at city events, city sponsored meetings, served at city facilities and city concessions, and city programs.

II. Healthy Food Access

BE IT FURTHER RESOLVED that the city of Beaumont encourages restaurants doing business in Beaumont 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.

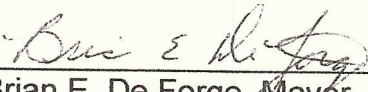
BE IT FURTHER RESOLVED that restaurants and food retailers that promote healthy food choice in the above manners be recognized by the city and will be entitled to display a Beaumont Healthy Eating Active Living logo.

III. Implementation

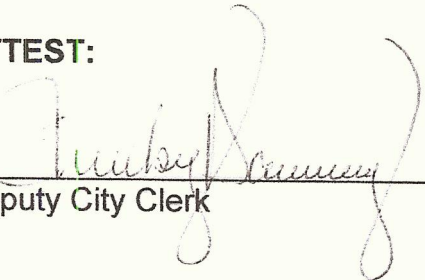
BE IT FURTHER RESOLVED that the head of each affected agency or department should report back to the City Council annually regarding steps taken to implement the Resolution, additional steps planned, and any desired actions that would need to be taken by the city council.

PASSED AND ADOPTED by the City Council of the City of Beaumont on this 1st day of March 2011, by the following vote:

AYES: Mayor De Forge, Council Member Berg, Castaldo, Fox, and Gall
NOES: None
ABSENT: None
ABSTAIN: None



Brian E. De Forge, Mayor

ATTEST:


Deputy City Clerk