

RESOLUTION 09-79

A RESOLUTION OF THE CITY COUNCIL OF THE CITY OF WEST SACRAMENTO SUPPORTING THE HEALTHY EATING ACTIVE LIVING CITIES 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 putting them at greater risk for diseases linked to obesity including type 2 diabetes and heart disease; and

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

WHEREAS, local land use policy governs development of the built environment in which individuals make personal nutrition and physical activity choices; and

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

NOW, THEREFORE, BE IT RESOLVED that the City Council of the city of West Sacramento hereby recognizes that obesity is a serious health threat to the health and wellbeing of adults, children and families in West Sacramento. 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 West Sacramento adopts this Healthy Eating Active Living Cities Campaign resolution to include the following:

- The city of West Sacramento shall continue to make land use and policy decisions to assist individuals in personal nutrition and physical activity choices.

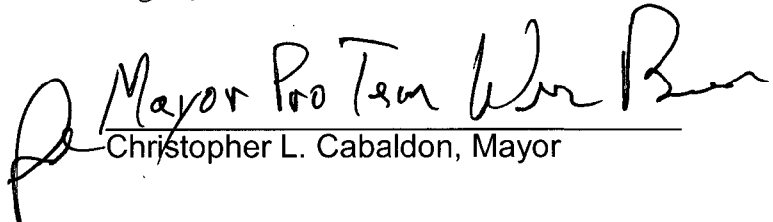
- The city of West Sacramento shall work with local businesses to encourage them to provide health information for food and promote healthy food choices.
- The city of West Sacramento will support the Healthy Eating Active Living (HEAL) Cities Campaign through education and outreach to the community.
- The city of West Sacramento will use the city's Health & Wellness Committee to address HEAL Cities principles in West Sacramento and the Director of Human Resources & Labor Relations shall report back to the City Council periodically regarding steps taken to implement this Resolution.

PASSED AND ADOPTED by the City Council of the City of West Sacramento this 14th day of October, 2009, by the following vote:

AYES: Johannessen, Kristoff, Villegas, Beers

NOES: None

ABSENT: Cabaldon



Christopher L. Cabaldon, Mayor

ATTEST:



Kryss Rankin, City Clerk