

City Council Memorandum

TO: HONORABLE MAYOR AND CITY COUNCIL DATE: May 4, 2010

FROM: MAYOR LOVERIDGE ITEM NO: 6
 COUNCILMEMBER DAVIS

WARD: ALL

SUBJECT: RESOLUTION TO BECOME A HEALTHY EATING, ACTIVE LIVING (H.E.A.L.) CITY.

ISSUE:

To adopt a resolution to become a Health Eating, Active Living (H.E.A.L.) City which promotes policies and practices that tackle obesity and support healthy lifestyles.

RECOMMENDATIONS:

That the City Council:


- 1) Adopt a resolution to become a H.E.A.L. City which promotes healthy communities and lifestyles; and
- 2) Request that the Healthy Communities Initiative group develop programs as appropriate to further the adopted polices, and provide quarterly updates to the Community Services & Youth Committee.

BACKGROUND:


The City of Riverside has made many strides in recent years to create practices that positively impact residents' and employees' health. By becoming a H.E.A.L. City, Riverside will position itself as a leader on healthy eating and active living choices, while also being able to draw on and leverage proven models from other cities in California. The H.E.A.L. City resolution provides the policy framework to develop a healthier community moving forward.

FISCAL IMPACT: None

Prepared by:



 RONALD O. LOVERIDGE
 Mayor



 PAUL DAVIS
 Councilmember, Ward 4

Approved as to form:



 GREGORY P. PRIAMOS, City Attorney

Attachments:
 Resolution
 Western City Magazine, Feb '10 HEAL Article

1 RESOLUTION NO.

2 A RESOLUTION OF THE CITY COUNCIL OF THE CITY OF
3 RIVERSIDE, CALIFORNIA, SETTING FORTH A COMMITMENT
4 TO COMBAT OBESITY AND IMPROVE RESIDENTS' HEALTH.

5 WHEREAS, the health of Riverside residents is a cornerstone to a good quality of life in our
6 City; and

7 WHEREAS, the City of Riverside strives to provide residents an environment in which
8 health, wellness, and walking resources are available in all areas of Riverside; and

9 WHEREAS, the League of California Cities has a strategic goal to promote and develop safe
10 and healthy communities; and

11 WHEREAS, Healthy Eating, Active Living (H.E.A.L.) Cities Campaign, supported by the
12 League of California Cities, focuses on promoting effective policies and practices that improve
13 residents' and employees' health, and address land-use practices that support healthy lifestyles; and

14 WHEREAS, it is important for cities to embrace policies that facilitate activities to promote
15 healthier lifestyles, including healthy diet and nutrition as well as the adoption of city design and
16 planning principles that enable citizens of all ages and abilities to easily access exercise options; and

17 WHEREAS, more than half of California's adults are overweight or obese and therefore at
18 risk for many chronic conditions including diabetes, heart disease, cancer, arthritis, stroke, and
19 hypertension; and

20 WHEREAS, one in four youth between the ages of 9 and 16 in California is overweight; and

21 WHEREAS, locally, 28 percent of youth in the County of Riverside are overweight and 30.1
22 percent of youth in the City of Riverside are overweight; and

23 WHEREAS, more children are being diagnosed with diseases linked to overweight and
24 obesity previously seen only in adults, such as Type 2 diabetes and heart disease; and

25 WHEREAS, the current generation of children are expected to have shorter lives than their
26 parents due to the consequences of obesity; and

27 WHEREAS, obesity takes a tremendous toll on the health and productivity of all
28 Californians; and

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

3 WHEREAS, the quality of the built environment, including neighborhood safety, sidewalks,
4 streets, public transportation, restaurant and convenience store density, access to parks, trails, and
5 grocery stores has a significant impact on obesity rates; and

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

8 WHEREAS, while individual lifestyle changes are necessary, individual effort alone is
9 insufficient to combat obesity's rising tide; and

10 WHEREAS, significant societal and environmental changes are needed to support individual
11 efforts to make healthier choices.

12 NOW, THEREFORE, BE RESOLVED that the City of Riverside will become a Healthy
13 Eating, Active Living (H.E.A.L.) City; and that the City Council hereby recognizes that obesity is a
14 serious public health threat to the health and well-being of adults, children and families in the City of
15 Riverside.

16 THE CITY OF RIVERSIDE FURTHER RESOLVES TO:

17 1. Improve the built environment with the recognition that the design and construction of
18 parks, neighborhoods, streets, and business areas, should make every effort to address health
19 impacts; and
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21 2. Address employee wellness in order to promote health within the City of Riverside and to
22 set an example for other businesses.
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ADOPTED by the City Council this _____ day of April, 2010.

RONALD O. LOVERIDGE
Mayor of the City of Riverside

Attest:

COLLEEN J. NICOL
City Clerk of the City of Riverside

I, Colleen J. Nicol, City Clerk of the City of Riverside, California, hereby certify that the foregoing resolution was duly and regularly introduced and adopted at a meeting of the City Council of said City at its meeting held on the _____ day of April, 2010, by the following vote, to wit:

- Ayes:
- Noes:
- Absent:
- Abstain:

IN WITNESS WHEREOF, I have hereunto set my hand and affixed the official seal of the City of Riverside, California, this _____ day of April, 2010.

COLLEEN J. NICOL
City Clerk of the City of Riverside

[10-0816]

The HEAL Cities Campaign Focuses on Improving Residents' and Employees' Health

BY FRANCESCA WRIGHT



Francesca Wright is a special projects consultant for the Cities, Counties and Schools (CCS) Partnership and can be reached at cescaw@comcast.net.

While California grapples with a recession and record state budget deficits, the obesity epidemic is quietly adding weight to the problem. A recent study published by the California Center for Public Health Advocacy (CCPHA) found that the cost of obesity and physical inactivity climbed to \$41 billion in 2006, nearly double the amount reported in 2000.

Cities play a central role in reversing the trend toward sedentary behavior and high-calorie diets. General plans and zoning determine a community's walkability by incorporating sidewalks, safe street crossings and connectivity between residential neighborhoods and frequent destinations like schools and stores.

Another CCPHA study found that people who live near an abundance of fast-food restaurants and convenience stores, rather than grocery stores and produce vendors, have a significantly higher prevalence of obesity and diabetes — regardless of income levels. When a farmers market or grocery store is closer than a fast-food restaurant, people are more likely to make the healthier choice.

In 2004, the League passed a resolution encouraging cities to embrace policies that promote healthier lifestyles and communities. Two years later, the League adopted a second resolution to work with the Institute for Local Government, Center for Public Health Advocacy and Cities, Counties and Schools (CCS) Partnership to develop resources for cities seeking to adopt health-promoting policies. The Healthy Eating Active Living (HEAL) Cities Campaign was launched as a major component of the effort supporting these resolutions.

Using surveys and interviews, the HEAL Cities Campaign found that elected officials and city staff are very interested in community incentives for healthy eating, employee-wellness policies and land-use

practices that support healthy lifestyles. In response, the campaign developed sample resolutions and collected existing policies in these three areas (available online at www.HEALCitiesCampaign.org).

The Connection Between Land-Use Decisions and Health

Cities' land-use decisions around planning, zoning and infrastructure investment directly affect residents' health by determining such factors as access to everyday physical activity such as walking and biking, availability of open space for recreation and close proximity of healthy food choices to residential areas.

Cities throughout California are using their General Plan update process to respond to the obesity epidemic. Some cities are including a separate health element in their General Plan, while others are adding health goals and policies in various General Plan elements. Approximately 30 cities have added health goals and policies to their General Plans. For example:

- Anderson's Health and Safety Element (2007) includes a public health section that addresses physical activity through mixed-use, transit-oriented and infill development, and access to parks and recreational trails;
- Richmond has drafted a community health and wellness element that includes a walkability standard for parks and open space;
- Azusa's General Plan (2004) contains a number of integrated, well-illustrated elements, including a chapter on the built environment that prioritizes walkability, street connectivity and mixed use; and
- Watsonville's General Plan (2006) contains new health goals in several elements, such as helping convenience stores to offer fresh produce, providing bus access to grocery stores and working with local organizations to support nutrition and exercise-related activities, the farmers market and community gardens.

Policies That Support Employee Wellness

As employers, cities can model wellness. By offering healthy food at meetings and in municipal facilities and vending machines, cities promote health. Cities can provide staff with opportunities and incentives for short paid physical activity breaks, local bicycle transportation options and work force wellness activities.

When encouraged to use pedometers, workers are more apt to choose the stairs instead of the elevator and increase the distance they walk daily. Short bouts of physical activity (five to 10 minutes) improve mood, prevent cardiovascular disease, and increase mental agility and productivity.

Cities throughout the state are implementing a variety of such programs. In Duarte, City Council Member Louis Gaskin has helped launch a 10-minute "Instant Recess" exercise break at city council meetings to raise heart rates and energize participants. The cities of Brentwood, San Jose, Baldwin Park and Chula Vista all have vending-machine policies that limit the percentage of high-calorie, high-fat, low-nutrition foods. Chino's award-winning program to get employees moving uses local art exhibits to make city stairwells more attractive and includes a competition with prizes for using the stairs instead of the elevator.

Promoting Healthy Food Access

Cities can support local agriculture and bring healthy food to residents by including farmers markets and community gardens in their General Plan and zoning code. They can also limit unhealthy food around schools and in neighborhoods with overconcentrations of unhealthy food outlets. Some cities are considering recognition programs to highlight "healthy checkout" lanes in grocery stores and healthy meals on restaurant menus.

In addition, cities are implementing policies that promote access to healthy food. For example, Escondido adopted a zoning amendment to make vacant land available for community gardens. Sacramento's Front Yard Landscape Ordinance allows diverse urban landscapes, including fruit and vegetable gardens, in front yards; and San Francisco allows community gardens on park and recreation sites.

The City of Los Angeles imposed a moratorium on any new fast-food outlets in South L.A. while simultaneously launching a package of economic initiatives for healthy food retail projects.

How to Get Started

Join the HEAL Cities Campaign. Visit the website at www.HEALCitiesCampaign.org or contact campaign staff at (510) 302-3387 to learn about available training and resources. Cities that are ready to take action can download, adapt and adopt a HEAL resolution from the website.

*This article appears in the [February 2010](#) issue of *Western City**