

RESOLUTION NO. 2011-414

Adopted by the Sacramento City Council

July 12, 2011

RESOLUTION SUPPORTING THE HEALTHY EATING, ACTIVE LIVING (HEAL) CITIES CAMPAIGN

BACKGROUND:

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, overweight, obesity, and physical inactivity takes a tremendous toll on the health and productivity of all Californians; and

WHEREAS, more than half of California's adults are either overweight or obese and 2004 data shows 28.7% of Sacramento's students are overweight; and

WHEREAS, overweight children and adults are at greater risk for numerous adverse health consequences, including stroke, high blood pressure, high cholesterol, certain cancers, asthma, low self-esteem, depression, and other debilitating diseases; and

WHEREAS, obesity shortens the average lifespan by at least four to nine months, and if childhood obesity continues to increase, it could reduce life expectancy by five years over the next several decades; and

WHEREAS, the United States Surgeon General has issued a call to action to prevent and decrease overweight and obesity, and the United States Department of Health and Human Services has made reducing the proportion of overweight and obese children and adolescents a key goal; and

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

WHEREAS, in light of the foregoing statistics and considerations, the City of Sacramento desires to encourage physical activity and good nutritional habits to decrease the rate of obesity and overweight in its community. To this end, the City of Sacramento has a number of existing policies, programs and ordinances that promote active, healthy living, including:

- Pedestrian Master Plan that identifies existing and planned pedestrian facilities;
- Bicycle Master Plan that identifies existing and planned cycling facilities;
- Parks & Recreation Master Plan that identifies park and recreation services policies and infrastructure needs;
- Trip Reduction Ordinance which promotes a 35% reduction in single occupant vehicle trips through on site improvements, including pedestrian and bicycle infrastructure;
- Safe Routes to School Program which promotes safe pedestrian access to schools;
- Infill Program to identify and promote development of key infill sites; and
- Transit Village Plans that promote pedestrian, bicycling and transit activity through increased housing, employment and shopping activity near light rail stations.

Furthermore, on March 3, 2009 the City of Sacramento adopted the 2030 General Plan which promotes public health through:

- Complete street policies that promote balanced infrastructure to address not only automobiles, but pedestrians, cyclists and transit;
- Compact land use patterns that result in shorter, more direct walking and biking distances;
- Infill Oriented development patterns that support existing resources, including sidewalks, bike routes and transit;
- Mixed Use development that promotes complete neighborhoods that include housing, jobs, shopping, parks and open space;
- Active Living and Connectivity policies that promote direct pedestrian and bicycle connections between activity areas, as well as direction to remove barriers to those connections;
- Policies promoting access to healthy food, community gardens and locally produced foods;
- Recreation and Open space policies that emphasize opportunities for active and outdoor recreation; and
- Air quality policies that result in reduced air pollution and fewer vehicle miles traveled per capita.

BASED ON THE FACTS SET FORTH IN THE BACKGROUND, THE CITY COUNCIL RESOLVES AS FOLLOWS:

Section 1. The City recognizes that obesity is a serious health threat and that certain societal and environmental changes are needed to support individual efforts to make healthier choices. To that end, the City supports the “Healthy Eating, Active Living (HEAL) Cities Campaign”.

Section 2. In addition, the City sets the following two goals related to nutritional standards:

- To support employees' and customers' evaluation of food choices by providing healthy food alternatives in vending machines located in City owned or leased facilities; and

To explore a policy that requires healthy food alternatives to be served at City-operated before school and after school programs.

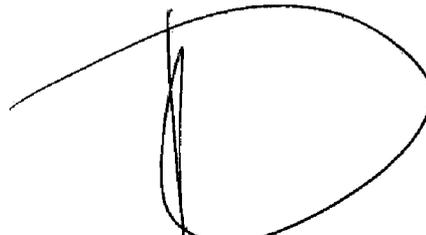
Adopted by the City of Sacramento City Council on July 12, 2011 by the following vote:

Ayes: Councilmembers Ashby, Cohn, D Fong, R Fong, McCarty, Pannell, Schenirer, Sheedy, and Mayor Johnson.

Noes: None.

Abstain: None.

Absent: None.



Mayor Kevin Johnson

Attest:



Shirley Concolino, City Clerk

