

RESOLUTION NO. 09-87

A RESOLUTION OF THE CITY COUNCIL OF THE CITY OF
SANTA CLARITA, CALIFORNIA, TO BECOME 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, recent data shows 23.8% of Santa Clarita's students are overweight; and

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, more than half of California's adults are either overweight or obese; 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, overweight, obesity, and physical inactivity takes a tremendous toll on the health and productivity of all Californians - exceeding \$41 billion annually; 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 Center for Disease Control and Prevention recommends at least 30 minutes of moderate physical activity at least five days a week for adults, and at least 60 minutes of moderate to vigorous physical activity for children every day; 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 Santa Clarita commits to do all it can to decrease the rate of obesity and overweight in its communities and is committed to implementing the necessary policies to create healthier work, school, and neighborhood environments conducive to healthier eating and increased physical activity among residents.

NOW, THEREFORE, the City Council of the City of Santa Clarita does hereby resolve as follows:

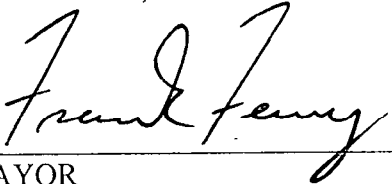
SECTION 1. The City of Santa Clarita will become a Healthy Eating, Active Living (HEAL) City; and

SECTION 2. The Santa Clarita City Council passed Resolution No 04-131 supporting the Healthy Santa Clarita initiative designed to provide healthier option of food, beverages, and snacks authorized for sale in vending machines at all City facilities and recommending that local schools do the same; encourage all community youth-oriented programs, events, and activities to ensure a message of health is modeled for participating youth; support and encourage an employee wellness program that provides healthy opportunities to its employees; encourage its employees to provide healthy alternatives for food and beverages provided at meetings and gatherings; build awareness in the community to the epidemic of obesity and the programs that are available to prevent or reverse obesity through marketing and outreach efforts; and


SECTION 3. The One Valley, One Vision General Plan will include Land Use and Circulation policy goals such as: healthy, walkable communities with safe access to amenities; adequate open space for environmental and recreational reasons; integration of uses with pedestrian connections; enhanced mobility through alternative travel modes to link City geography; additional trails, parks, bike paths, and landscaped sidewalks; equal access to facilities by all residents; and

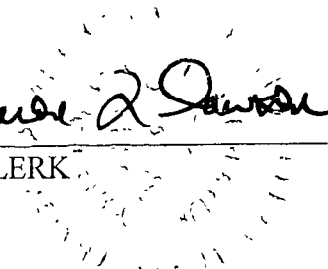
SECTION 4. The City Clerk shall certify to the adoption of this Resolution.

PASSED, APPROVED AND ADOPTED this 27th day of October, 2009.


MAYOR

ATTEST:


CITY CLERK



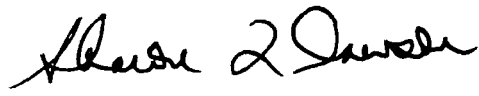
STATE OF CALIFORNIA)
COUNTY OF LOS ANGELES) ss.
CITY OF SANTA CLARITA)

I, Sharon L. Dawson, MMC, City Clerk of the City of Santa Clarita, do hereby certify that the foregoing Resolution was duly adopted by the City Council of the City of Santa Clarita at a regular meeting thereof, held on the 27th day of October, 2009, by the following vote:

AYES: COUNCILMEMBERS: Kellar, McLean, Ender, Weste

NOES: COUNCILMEMBERS: None

ABSENT: COUNCILMEMBERS: Ferry



CITY CLERK

STATE OF CALIFORNIA)
COUNTY OF LOS ANGELES) ss.
CITY OF SANTA CLARITA)

CERTIFICATION OF
CITY COUNCIL RESOLUTION

I, Sharon L. Dawson, City Clerk of the City of Santa Clarita, do hereby certify that this is a true and correct copy of the original Resolution No. 09-87, adopted by the City Council of the City of Santa Clarita, California on October 27, 2009, which is now on file in my office.

Witness my hand and seal of the City of Santa Clarita, California, this ____ day of _____, 20__.

Sharon L. Dawson, MMC
City Clerk

By _____
Susan Caputo, CMC
Deputy City Clerk