

RESOLUTION NO. 2005-116

**A RESOLUTION OF THE BOARD OF SUPERVISORS OF THE COUNTY OF SHASTA  
IN SUPPORT OF GOVERNOR SCHWARZENEGGER'S  
VISION FOR A HEALTHY CALIFORNIA**

**WHEREAS**, California's lifestyle is marked by unhealthy food choices and inadequate physical activity; and,

**WHEREAS**, in California, unhealthful nutrition and physical inactivity are major contributing factors to serious health problems, including diabetes, heart disease, stroke, and cancer; and,

**WHEREAS**, 1 out of 3 children born today are expected to suffer the health consequences of diabetes in their lifetime, and for the first time in history may have shorter life spans than their parents if the underlying risk factor of obesity is not curtailed; and,

**WHEREAS**, the cost to California of obesity and physical inactivity is estimated at over 28 billion dollars annually, excluding the cost of lost productivity due to the associated health problems; and,

**WHEREAS**, if Californians are to lose the 360 million pounds they have gained over the last decade, bold action is necessary - by individuals and families, as well as business, community and government leaders - to promote an environment that encourages healthy eating, regular physical activity and responsible individual choices; and

**WHEREAS**, to that end, Governor Schwarzenegger will set forth a 10-point vision for a healthier California at his September 15, 2005 Health, Nutrition and Obesity Summit; and

**WHEREAS**, the Governor has outlined an ambitious, forward-reaching guide to challenge all of us - government, business, community organizations and individuals - to make California a national model for healthy living;

**NOW, THEREFORE BE IT RESOLVED** that the Shasta County Board of Supervisors supports the Governor's *Vision for a Healthy California* as follows, as well as local efforts aimed at its realization.

*A VISION FOR A HEALTHY CALIFORNIA*

1. Every day, every school-age child will participate in physical activities.
2. Soda and unhealthy foods will not be available in schools.
3. Only healthy foods will be marketed to children ages 12 and under.
4. Buildings and communities, both new and existing, will be designed to support physical activity, including safe walking, stair climbing, and bicycling.

5. Produce and other fresh, healthy food items will be affordable and available in all neighborhoods.
6. Healthy foods and beverages will be accessible, affordable, and promoted in grocery stores.
7. Healthy foods and beverages will be accessible, affordable, and promoted in restaurants and entertainment venues.
8. Healthy eating and physical activities will be promoted throughout all health services systems.
9. Employees will have access to healthy eating and physical activity options.
10. Californians will understand the importance of healthy eating and physical activity, and they will make healthier choices based on their understanding.

**DULY ADOPTED** this 6th day of September, 2005, by the Board of Supervisors of the County of Shasta, by the following vote:

AYES: Supervisors Hawes, Clarke, Kehoe, Cibula, and Hartman  
NOES: None  
ABSENT: None  
ABSTAIN: None  
RECUSE: None

County of Shasta

ATTEST:  
H. DOUGLAS LATIMER  
Clerk of the Board  
County of Shasta County

  
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DAVID KEHOE, Chairman

By:   
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Deputy