

## RESOLUTION NO. 10-06

### A RESOLUTION OF THE CITY COUNCIL OF THE CITY OF ANDERSON DECLARING ANDERSON A HEALTHY EATING ACTIVE LIVING CITY

WHEREAS, cities and their residents face increased health care costs and diminished quality of life due to the epidemic of obesity and its resultant health related effects of diabetes and cardiac disease. In 2004, the League of California Cities adopted a 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, the City of Anderson has already implemented and is proactive in developing projects and adopting policies that encourage healthy activity and living, including the inclusion of healthful policies in the general plan, construction of walking paths, and development of bike lanes; 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, twenty six percent of school age youth in Shasta County are overweight or obese and 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, obesity takes a tremendous toll on the health, productivity of all Californians and the annual cost to California—in medical bills, workers compensation and lost productivity—for overweight, obesity, and physical inactivity exceeds \$41 billion; and

WHEREAS, local land use policy governs and influences individuals and their personal nutrition and physical activity choices; and

WHEREAS, by supporting the health of residents and the local workforce would decrease chronic disease and health care costs and increase productivity.

NOW, THEREFORE, BE IT RESOLVED that the City Council of the City of Anderson will hereby seek opportunities through land use, permitting, zoning, collaborative planning, use of city facilities and city personnel policies to offer healthy choices; and

BE IT FURTHER RESOLVED that the City Council directs its Staff and Commissions to identify opportunities to encourage healthy choices which may include:

1. Supporting and promoting no and low-cost recreation programming for all ages;
2. Recommending healthful goals and policies in the city's future general plan updates and related land use codes, such as:
  - Plans for walkability and bikeability throughout the city and all its neighborhoods
  - Connectivity between residential neighborhoods and schools and retail food outlets
  - Development of park and open space acreage throughout the city
  - Use of compact, mixed use and transit oriented development
  - Support for farmers markets and community gardens
3. Analyzing future park investments to prioritize development in underserved neighborhoods;
4. Expanding community access to indoor and outdoor public facilities through joint use agreements with schools and/or other partners; and

BE IT FURTHER RESOLVED that the City Council directs city departments to continue to work with developers to include health related improvements such as connectivity for pedestrians and cyclists to their proposals that positively impact public health; and

BE IT FURTHER RESOLVED that the City will offer healthy food and snacks at meetings, events and programs sponsored by the City and in vending machines located in city owned or leased locations; and

BE IT FURTHER RESOLVED that the City will encourage employee wellness by promoting healthy eating and physical activity, encouraging walking and use of stairs, and providing frequent information to employees about the benefits of healthful living; and

BE IT FURTHER RESOLVED that the City of Anderson will become a Healthy Eating Active Living City entitled to campaign resources.


PASSED AND ADOPTED by the City Council of the City of Anderson this 2nd day of February, 2010, by the following vote:

AYES: Councilmembers Hunt, Yarbrough, Webster, and Mayor Comnick.


NOES: None.

ABSTAIN: None.

ABSENT: Councilmember Schaefer.

  
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Norma Comnick, Mayor of the City of Anderson

ATTEST:

  
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Juanita Barnett, City Clerk