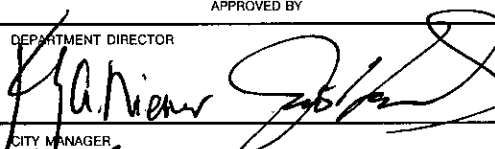
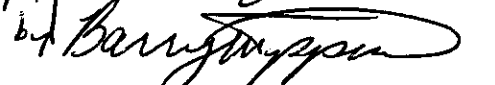


ITEM NO.	4-6(d)
MEETING DATE	January 5, 2010
APPROVED BY	
DEPARTMENT DIRECTOR	
CITY MANAGER	

CITY OF REDDING

REPORT TO CITY COUNCIL

DATE: December 9, 2009
A-050-060

FROM: Kimberly A. Niemer
Community Services Director
Jim Hamilton
Development Services Director

SUBJECT: Consideration of Healthy
Communities Resolution

Recommendation

The Community Services Advisory Commission and the Planning Commission recommend the City Council adopt the attached Healthy Communities Resolution.

Background

Many communities and their residents are experiencing increased health care costs and diminished quality of life due to an epidemic of obesity in our country. Cities across the nation are addressing the crisis by implementing policies and programs which encourage physical activity and nutritious eating. The League of California Cities (LCC) led the way in 2004, with a resolution encouraging cities to embrace policies that promote healthier lifestyles. Two years later, the League also adopted a resolution to work together with the Institute for Local Government and the Cities Counties and Schools (CCS) Partnership to develop a clearinghouse for information on the topics that cities can use to promote wellness policies and healthier community design. In response to this resolution, the LCC, the CCS Partnership, and the California Center for Public Health Advocacy have launched the "Healthy Eating Active Living Cities Campaign."

The City of Redding has made strides in the past decade to foster a more active and healthy community. Examples of this effort include the adoption of the General Plan in 2000, with significant policy statements in support of healthy community goals (see attached). The *Parks, Trails and Open Space Master Plan* approved in 2004 provides additional supporting policy, as well as maps and capital improvement plans. In 2005, the City Council adopted the Governor's 10 Point Health Vision Resolution for a Healthy California.

Work is currently under way on a Bikeways Master Plan, and the City participates as a founding partner on the Healthy Shasta coalition. The recently adopted Recreation Strategic Plan outlines numerous goals and objectives to promote no- or low-cost recreation opportunities for our residents.

On November 11, 2009, the Community Services Advisory Commission recommended that the City Council adopt the attached resolution proposed by the Healthy Eating Active Living Campaign. On December 8, 2009, the Planning Commission made the same recommendation. The resolution encourages the City to take additional steps in support of a healthier community, with policies related to nutritional food and beverages offered at City facilities and activities, as well as polices to make

walking and biking more convenient and safe. In the coming months, similar resolutions will be offered to the governing boards of our neighboring jurisdictions.

Issues

Does the City Council wish to adopt to Healthy Communities Resolution?

Alternatives; Implication of Alternatives

1. The City Council could choose to adopt the Healthy Communities Resolution.
2. The City Council could choose not to adopt the Healthy Communities Resolution.
3. The City Council could provide staff with alternate direction.

Fiscal Impact

There is no direct fiscal impact.

Conclusion

The City of Redding has been active on a number of fronts in promoting physical activity and healthy living. Over the past several years, the Planning Commission has approved new subdivisions, multifamily housing projects, and commercial developments that include as important elements new park and trail components, traffic-calming, pedestrian amenities, and connectivity improvements. This resolution brings together a partnership with the League of California's Healthy Eating Active Living Campaign and offers an opportunity to underscore the City's interest and commitment to these ideas.

Attachment(s)

- Resolution
- Healthy Eating Active Living Campaign flyer
- Summary of Existing General Plan Policies

c: Dr. Ron Reece

RESOLUTION NO. 2010 - _____

**A RESOLUTION OF THE CITY COUNCIL OF THE CITY OF REDDING
THAT DECLARES REDDING 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 Redding, already embraces the above resolution and is proactive in bike, walking trails and parks planning; and

WHEREAS, the City of Redding, in 2005, adopted the Governor's 10 Step Vision For a Healthy California; 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;

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 by City Council resolution that the City of Redding will hereby seek opportunities through land use, permitting, zoning, collaborative planning, use of city facilities and city personnel policies to offer health choices.

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

1. Support and promote no and low-cost recreation programming for all ages.
2. Recommendations for health goals and elements to be included in the city's future general plan updates:
 - a. Plans for walkability and bikeability throughout the city and all its neighborhood.
 - b. Connectivity between residential neighborhoods, schools and retail food outlets.
 - c. Park and open space acreage throughout the city.
 - d. Compact, mixed use and transit oriented development.
3. Analysis of future park investments to prioritize development in underserved neighborhoods.

4. Expanded community access to indoor and outdoor public facilities through joint use agreements with schools and/or other partners.

BE IT FURTHER RESOLVED to direct 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.

BE IT FURTHER RESOLVED to set nutrition standards for food offered at city events, city meetings, city programs and vending machines located in city owned or leased locations.

BE IT FURTHER RESOLVED to adopt an employee wellness policy that will include:

1. Promote healthy eating and physical activity.
2. Accommodate breastfeeding employees upon their return to work.
3. Encourage walking meetings and use of stairways.

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

BE IT FURTHER RESOLVED a report on the progress of these declarations will be presented to the City Council next November.

I HEREBY CERTIFY that the foregoing resolution was introduced and read at a regular meeting of the Redding City Council of the City of Redding on the 5th day of January, 2010, and was duly adopted at said meeting by the following vote:

AYES: Council Members -
NOES: Council Members -
ABSTAIN: Council Members -
ABSENT: Council Members -

PATRICK H. JONES, Mayor

ATTEST:

FORM APPROVED:

PAMELA MIZE, Deputy City Clerk

RICHARD A. DUVERNAY, City Attorney



Get Moving!

Healthy Eating Active Living Cities Campaign

Many California cities have been initiating programs and policies to address the obesity crisis. Now there is project that has identified promising municipal strategies, collected sample policies, is providing training and will provide public recognition for cities adopting "Healthy Eating Active Living" policies.

HEALTHY EATING ACTIVE LIVING CITIES CAMPAIGN

An advisory committee of elected and executive staff leaders from twenty cities have directed program staff to develop an initiative that provides options for cities to pick and choose approaches most appropriate for their city. After reviewing survey responses from over 100 California Cities, the campaign identified a demand for resources in the following areas.

General Plans and Zoning Adopt approaches for promoting physical activity, reducing automobile dependency and ensuring access to nutritional foods through your general plan and zoning ordinance. Land use dramatically affects a populations' choice to walk, bike, or enjoyment of outdoor activities. Likewise, when there is access to fresh groceries and nutritious foods near where people live and work, there are lower rates of obesity and diabetes. In cooperation with Planning for Healthy Places, a project of the Public Health Law and Policy, the HEAL Cities Campaign is offering regional trainings on these approaches.

Healthy Food Access The area found to be of greatest interest to city leaders was the use of business incentives. The HEAL Cities campaign has developed a recognition program for restaurants and grocery stores which offer menu labeling and healthy checkout. Cities and redevelopment agencies can build incentive for healthy retail into their redevelopment plans, proposals and rating of bids.

Employee Wellness and Employee Health Incentives We know that employers avoid spending \$3.00 for every \$1.00 they invest in employee wellness interventions. Investing small amounts staff time and money to bring policies and nutrition and physical activity programs on line enhances productivity and lowers health care costs. This includes ensuring nutritious offerings in vending machines and at city sponsored events, provisions for walking meetings and activity breaks, a breast feeding policy, and other approaches.

Shasta and Siskiyou Counties

Mayor Keith Webster from the City of Anderson is a member of the campaign advisory committee. The campaign is currently working with Healthy Shasta to plan a training in December in conjunction with the Healthy Shasta Partnership Leadership on one of the three topic areas. For more information or to assist in planning this event, please contact: Francesca Wright, HEAL CC Consultant, CCS Partnership, Francesca.Wright@gmail.com or 530.220.4049.



SUMMARY OF EXISTING CITY POLICIES PROMOTING "CONNECTIVITY" ALONG WITH PEDESTRIAN, BICYCLE, TRAIL/RECREATIONAL FACILITIES, AND PUBLIC TRANSIT ACCOMMODATIONS WITH NEW DEVELOPMENT

GENERAL PLAN — GOALS AND POLICIES

COMMUNITY DEVELOPMENT AND DESIGN ELEMENT

Goal CDD4. Protect and enhance the relationship between the City and the Sacramento River.

- ▶ *Policy CDD4D.* Establish public open-space and pedestrian/bicycle links between the river and parks, activity centers, schools, and other major open-space areas such as stream corridors.
- ▶ *Policy CDD4F.* Design open-space accessways to complement existing development and, where applicable, protect the privacy of adjoining residences.

Goal CDD10. Provide for a pattern of development that:

- Establishes distinct neighborhoods, districts, and activity centers.
- *Links open-space areas to each other and to developed areas such as parks, schools, residences, and commercial developments.*
- Promotes mixed-use developments.
- Places employment, shopping, and other activity centers in or near residential neighborhoods.
- *Encourages walking, bicycling, and transit use.*
- ▶ *Policy CDD10A.* Where topography, creeks, or other natural features cannot be used, utilize the circulation system and the pedestrian and bicycle pathway systems as important structural elements to define neighborhoods and districts.
- ▶ *Policy CDD10D.* Incorporate public transit stops and bus shelters in the design of new development and redevelopment of older projects when consistent with approved transit plans and policies. Ensure safe and efficient access, particularly for handicapped individuals.
- ▶ *Policy CDD10F.* Provide comprehensive transportation facilities, including bicycle and pedestrian routes. Integrate pedestrian and bicycle routes into developments to provide alternative access to public and private parks and open space, transit stops, nearby commercial developments, and schools.

Goal CDD 14. Encourage project (commercial) development which is compatible with surrounding properties and which improves the image of the City.

- ▶ *Policy CDD14C.* Require the design of large commercial projects, shopping centers, and regional-scale developments to incorporate plazas, courtyards, and other outdoor gathering places *and connections to adjacent residential neighborhoods.*

Goal CDD16. Improve the visual attractiveness of the City's arterial and collector streets; *improve pedestrian safety.*

- ▶ *Policy CDD16B.* Provide sufficient right-of-way for sidewalks and street-side and median landscape and necessary utilities along new arterials and new collector streets. Install such improvements with the construction of the street where appropriate.

Goal CDD17. Provide residential streets that are designed to reduce vehicle speed, that encourage pedestrian use, and that are aesthetically pleasing.

- ▶ *Policy CDD17B.* Encourage new neighborhoods to incorporate detached sidewalks and to establish landscaped "parkways" between the curb and sidewalk. Continuous and consistent tree-planting to form canopy closure is encouraged.

TRANSPORTATION ELEMENT

Goal T2. Use transportation systems to reinforce the urban land use pattern of Downtown.

- ▶ *Policy T2B.* Establish motorized and/or *nonmotorized transportation* linkages to connect Downtown Redding to the Park Marina, Turtle Bay, and Civic Center areas; augment the transit system to establish frequent and convenient access to these destination areas.

Goal T3. Build and maintain a safe and efficient local street system with the aim of meeting LOS Standards.

- ▶ *Policy T3A.* Establish a system of street cross-sections that will:
 - Accommodate all improvements necessary to handle forecasted volumes at adopted LOS standards.
 - *Accommodate bicycles and transit facilities.*
 - Attain the design objectives for streets as addressed in the Community Development and Design Element.

Goal T5. Protect residential neighborhoods from excessive through traffic, where feasible.

- ▶ *Policy T5D.* Encourage new neighborhoods to incorporate detached sidewalks and to establish landscape "parkways" between the curb and sidewalk. Continuous and consistent tree-planting to form canopy closure is encouraged.

Goal T6. Provide an attractive, safe, and continuous system of sidewalks and other pedestrian facilities.

- ▶ *Policy T6A.* Provide pedestrian-oriented features, such as benches, enhanced landscape, and trash receptacles, in commercial areas, particularly in the Downtown and Park Marina areas.
- ▶ *Policy T6B.* Require new development to provide sidewalks or other pedestrian-dedicated facilities on both sides of new public streets. Exceptions may be appropriate where topography is difficult, proposed lots are of a rural or semi-rural nature, or where the development plan illustrates that pedestrians will be accommodated by alternative means.

Goal T8. Make it easier and safer for people to travel by bicycle.

- ▶ *Policy T8A.* Incorporate facilities suitable for bicycle use in the design of interchanges, intersections, and other street-improvement projects.
- ▶ *Policy T8C.* Make improvements to streets, signs, and traffic signals as needed to improve bicycle travel.
- ▶ *Policy T8G.* Require new development to provide bicycle facilities or pay in-lieu fees based on the fair share of that development's impacts on the bikeway system and needs identified on the Comprehensive Bikeway Plan.

Goal T9. Promote and maintain a public transit system that is safe, efficient, cost-effective, and responsive to the needs of residents.

- ▶ *Policy T9C.* Provide bus pull-outs along arterial streets at approximately ¼-mile intervals or as indicated in the Shasta County Transit Development Plan. Determine the precise locations during development plan review or at the time of major street improvement or reconstruction.
- ▶ *Policy T9D.* Require development to install passenger amenities at designated bus stops when identified as a mitigating measure.

NATURAL RESOURCES ELEMENT

Goal NR10. Preserve areas containing excessive slopes or 100-year floodplains as open space to prevent loss of life and property damage and to provide valuable habitat and recreational opportunities.

- ▶ *Policy NR10C.* Require, as a condition of development approval, that private open-space easements be established for significant areas of nondeveloped lands that exceed a slope of 20 percent. Use public dedications and/or trail easements when necessary to connect these areas to existing or proposed public open space.

RECREATION ELEMENT

Goal R1. Recognize the Sacramento River as the backbone of the City's park system.

- ▶ *Policy RIC.* Plan and implement a public trail along the Sacramento River that also provides connections, where feasible, to school facilities and other destination points.

Goal R2. Preserve and encourage the judicious development of those natural resource areas which have a unique recreation potential.

- ▶ *Policy R2A.* Establish park sites and public open-space areas along the river and tributary creeks through public and private land purchases, land dedications, easements, and similar mechanisms.

Goal R5. Ensure that new development contributes to the park, recreation, and improved open-space needs of the City.

- ▶ *Policy R5A.* Adhere to the standards of the Parks, Trails and Open Space Master Plan to ensure that new residential projects provide appropriate levels of improved open space and or recreational amenities.

Goal R11. Promote and facilitate development of a citywide recreational trail system.

- ▶ *Policy R11A.* Utilize the Parks, Trails and Open Space Master Plan to locate future trails. In general, the trail system should:
 - Focus on linking neighborhoods to other land uses and significant destination points within the community.
 - Separate bicyclists and pedestrians from vehicular traffic and pedestrian facilities from bicycle facilities, whenever feasible.
 - Provide continuous trail connections, including a looped system around the City.
- ▶ *Policy R11B.* Continue development of the Sacramento River Trail to establish a common and continuous thread along the river corridor, connecting recreational, educational, cultural, commercial, and residential areas/uses.
- ▶ *Policy R11C.* Continue to obtain land dedications and/or easements for the development of public trails and the Regional River Parkway through direct purchases and the discretionary approval process for new development.
- ▶ *Policy R11E.* Design bicycle and trail systems in a manner that protects the privacy and security of adjacent land uses, allows for easy maneuvering, and promotes user safety.

PUBLIC SERVICES AND FACILITIES ELEMENT

Goal PF15. Maintain a public park and recreation system suited to the needs of Redding residents and visitors.

- ▶ *Policy PF15B.* Work with developers to provide public and private parks and open space (as appropriate) in new neighborhoods.

PARKS, TRAILS AND OPEN SPACE MASTER PLAN

GOALS AND POLICIES

(Bracketed text refers to relevant General Plan goals and policies)

TRAIL AND BIKEWAY STRATEGY

Goal TB1. Promote and facilitate the development of a Citywide Trail System. [R11]

- ▶ *Policy TB1A. Linkages.* Focus efforts on linking neighborhoods and activity centers, connecting recreational, educational, cultural, commercial, and residential areas and uses. [R11A]
- ▶ *Policy TB1B. Sacramento River Trail.* Continue development of the Sacramento River Trail to establish a common and continuous thread along the river corridor. [R11B]
- ▶ *Policy TB1C. Trail Corridors.* Use this document and the map entitled, "Redding Parks, Trails and Bikeways Map," and all subsequent revisions, to guide trail development:
 - Integrate trail corridors and bicycle routes into project improvement plans to provide alternative access to public and private parks and open space, transit stops, nearby commercial developments, and schools. [CDD10F]
 - Continue to obtain land dedications and/or easements for the development of public trails and the Regional Sacramento River Parkway through direct purchases, and through the discretionary approval process for new development. [R11D]
 - Collocate trails in open-space areas whenever public access is compatible with natural resource goals. [NR10]
 - Provide continuous trail connections, including a looped system around the City. [R11A]
 - Develop and designate family "bike and-hike" loops where residents can exercise close to their own neighborhoods.
 - Protect the privacy and security of adjacent land uses. [R11F]
 - Future expansion to the trail system should take place with the willing cooperation of land owners.

Goal TB2. Design and develop trails to provide maximum recreational and non-motorized opportunities for all segments of Redding's population.

- ▶ *Policy TB2A. Trail Entrances.* Provide trailhead improvements, such as signage, seating, drinking fountains, and restrooms, to existing and future trails.
- ▶ *Policy TB2E. Sidewalks.* Connect the trail system with an attractive, safe, and continuous system of sidewalks and other pedestrian facilities. Give special consideration in prioritization of sidewalk improvement projects to school walk zones. [T6]

Goal TB3. Coordinate trail development with emergency and fire management efforts.

- ▶ *Policy TB3A. Emergency Features.* Coordinate with other City departments to include the following features in the design and location of trail corridors whenever possible:
 - Routes for medical and fire emergency access and evacuation
 - Shaded fuel breaks, and fuel reduction areas
 - Water lines in trail corridors for both trail use and fire fighting.

Goal TB4. Make it easier and safer for people to travel by bicycle . [T8]

- ▶ *Policy TB4A. Bicycle Plan.* Implement the goals and policies found in the “1998 Redding Bicycle Plan.” Incorporate the bikeway components of this document into subsequent revisions of that Plan. [T8A]
- ▶ *Policy TB4B. Improvements.* Make improvements to existing streets, signs, and traffic signals as needed to improve bicycle travel. [T8C]
 - Use this document and the map entitled, "Redding Parks, Trails and Bikeways Map," and all subsequent revisions, to guide bikeway development.
- ▶ *Policy TB4C. Design.* Incorporate facilities suitable for bicycle use in the design of interchanges, intersections, street-improvement, and maintenance projects. [T8B]
- ▶ *Policy TB4D. Safety.* Separate bicyclists and pedestrians from vehicular traffic, and pedestrian facilities from bicycle facilities, whenever feasible. [R11A]
- ▶ *Policy TB4H. Funding.* Continue to seek funding for bikeway system expansion, improvement, and maintenance.
 - Require new development to provide bicycle facilities or pay in-lieu fees based on the fair share of that development’s impacts on the bikeway system and needs identified in this document [T8G]