

## **ITEM 9.B.**

### **MOORPARK CITY COUNCIL AGENDA REPORT**

**TO:** Honorable City Council

**FROM:** Jennifer Mellon, Administrative Services Manager 

**DATE:** September 1, 2012 (CC Meeting of October 3, 2012)

**SUBJECT:** Consider Adopting City Council Resolution to become a Healthy Eating Active Living (HEAL) City and Rescinding Resolution 2008-2678

#### **BACKGROUND AND DISCUSSION**

The United States faces an epidemic of obesity which, in turn, leads to increased health care costs and a diminished quality of life. Over the last 30 years, childhood obesity rates in America have tripled. Today, nearly one third of children in the United States are overweight or obese which increases their chances of contracting a chronic health problem such as diabetes, heart disease, high blood pressure, cancer and asthma. It is estimated that the obesity epidemic costs American's \$150 billion in added health care expenses each year.

The League of California Cities (League) adopted a resolution in 2004 to encourage cities to embrace policies that embrace healthy lifestyles and communities. In 2006, the League adopted a second resolution to work together with the Institute for Local Government and the Cities, Counties, and Schools (CCS) Partnership to develop a clearinghouse of information that cities can use to promote wellness policies and make their cities healthier. The City of Moorpark adopted the League's resolution to establish a Healthy City Policy in 2008 (Resolution 2008-2678). The City of Moorpark also enacted a proclamation of the City Council in support for the Let's Move! Campaign on February 2, 2011. Recently, the League, CCS Partnership, and the California Center for Public Health Advocacy have launched the "Healthy Eating Active Living" or "HEAL" Campaign, which is a more comprehensive approach, and provides a roadmap for Cities to adopt policies to improve physical activity and healthy food resources for residents of their communities. The HEAL Campaign also empowers cities through offered training, technical assistance and publicity toward improved health and well-being outcomes.

By adopting the proposed Resolution to become a HEAL City, the City of Moorpark will join 131 other California Cities in promoting physical activity and supporting healthier lifestyle choices, and the prior 2008 resolution is proposed to be rescinded and replaced with the HEAL City resolution. Additional benefits of participating in the campaign

include partnership with other municipalities for information sharing, statewide recognition at the HEAL Cities Campaign breakfast at the annual League conference, authorization to use the HEAL Cities Campaign logo on the City website, public relations support, and enhanced community visibility and pride.

**FISCAL IMPACT**

The adoption of the resolution to become a HEAL City will have minimal fiscal impact. The City of Moorpark already has programs in place that align with the goals of the campaign including Resolution No. 2008-2678 addressing Healthy programs and activities including healthy vending machine guidelines as well as other policies to promote active living including recent bike and trail path updates.

**STAFF RECOMMENDATION**

Adopt Resolution No. 2012-\_\_\_\_\_ and Rescind Resolution 2008-2678.

Attachment: Draft Healthy Eating Active Living (HEAL) City Resolution

RESOLUTION NO. 2012-

A RESOLUTION OF THE CITY COUNCIL OF THE CITY OF MOORPARK, CALIFORNIA, ELECTING TO BECOME A HEALTHY EATING ACTIVE LIVING (HEAL) CITY AND RESCINDING RESOLUTION NO. 2008-2678

WHEREAS, the City of Moorpark has a strong interest and commitment to provide an all-encompassing environment that is conducive to the health of all residents of the community through providing healthier lifestyle opportunities through diet, nutrition, community planning, and a variety of physical activities;

WHEREAS, 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;

WHEREAS, on January 16, 2008 the City of Moorpark passed and adopted a Healthy City Policy Resolution No. 2008-2678 for the City of Moorpark;

WHEREAS, in July 2010, the League of California Cities Board of Directors resolved to partner with and support the national Let's Move! Campaign, and on February 2, 2011 the City Council of the City of Moorpark signed a proclamation of support for the campaign;

WHEREAS, in November 2011, the League of California Cities Board of Directors unanimously voted to encourage 100% participation in the HEAL Cities Campaign;

WHEREAS, more than half of California's adults are overweight or obese and therefore at risk for many chronic health conditions including diabetes, heart disease, cancer, arthritis, stroke, and hypertension;

WHEREAS, one in four California youth between the ages of 9 and 16 is overweight, and more specifically, according to the 2010-11 California Physical Fitness Report, ~21% of Moorpark students in grades 5, 7, and 9 that were tested need improvement in Aerobic Capacity and ~36% need improvement in Body Composition;

WHEREAS, more children are being diagnosed with diseases linked to being overweight or obese which were previously seen only in adults, such as Type 2 diabetes and heart disease which in effect is causing predictions of the current generation of children having shorter life spans than their parents due to these consequences;

WHEREAS, teens and adults who consume one or more sodas or sugar sweetened beverages per day are more likely to be overweight or obese, and studies show that over 50% of children and adolescents between the ages of 2 and 17 and over 20% of adults drink one or more soda's or sugary drinks per day;

WHEREAS, by supporting the health of residents and the local workforce it can be concluded that chronic disease and health care costs would decrease and productivity would increase;

WHEREAS, the City of Moorpark has chosen to be a leader in healthy lifestyle options by increasing the walk-ability of the City, creating bike lanes and a comprehensive trail system, and continues to offer a variety of physical activities;

WHEREAS, the City Council recognizes that obesity is a serious public threat to the health and well-being of adults, children and families in the City of Moorpark. While individual lifestyle changes are necessary, individual effort alone is not sufficient in combating obesity. Significant societal and environmental changes are needed to support individual efforts to make healthier choices.

NOW, THEREFORE, THE CITY COUNCIL OF THE CITY OF MOORPARK HEREBY RESOLVES AS FOLLOWS:

SECTION 1. Built Environment. The City of Moorpark shall make every attempt to build an environment conducive to healthy living by:

- Planning and constructing a built environment that encourages walking, biking and other forms of physical activity;
- Addressing walking and biking connectivity between residential neighborhoods and schools, parks, recreational resources, and retail;
- Expanding community access to indoor and outdoor public facilities for physical activity through joint use agreements with schools and/or other partners;
- Striving to offer more programs and activities that promote physical activity, good nutrition, and/or are fun and exciting and promote a healthy lifestyle.
- Ensuring that healthy living activities are properly and effectively promoted.
- Providing healthy choices for food and drinks at all City youth-oriented facilities with food and/or drink vending machines shall dispense using Senate Bill 19 (Escutia, 2001) guidelines:

For Food and Snacks:

- a) Have no more than 35% of its calories from fat; and
- b) Have no more than 10% of its calories from saturated fat; and
- c) Be no more than 35% sugar by weight.

For Beverages:

- a) Beverages must be fruit based drinks that are composed of no less than 50% fruit juices and have no added sweeteners; sanitary drinking water; milk (full, soy, lactose-free, etc.); and electrolyte replacement beverages; and
- b) Flavored milk must be no more than 35% sugar by weight.

SECTION 2. Employee Wellness. The City of Moorpark shall promote employee wellness within the City by:

- Accommodating breastfeeding employees upon their return to work; and,
- Encouraging walking during meal periods as well as encouraging and supporting proper stretching throughout the work day.

The City of Moorpark shall also evaluate the feasibility setting nutrition standards for food offered at city events, city sponsored meetings, served at city facilities and city concessions, and city programs.

SECTION 3. Healthy Food Access. The City of Moorpark strives to make healthy food access available to all residents and resident workers within the city by:

- Facilitating the siting of new grocery stores, community gardens, and farmers markets near underserved communities to increase access to healthy food;
- Facilitating healthy guidelines for vending machines located within City facilities as well as requiring meals and snacks provided at youth City-sponsored programs meets nutrition guidelines that conform to standards defined in Senate Bill (SB) 19;

SECTION 4. City Council Resolution No. 2008-2678 is here by rescinded.

SECTION 5. The City Clerk shall certify to the adoption of the resolution and shall cause a certified resolution to be filed in the book of original resolutions.

PASSED AND ADOPTED this \_\_\_\_ day of \_\_\_\_\_, 2012.

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Janice S. Parvin, Mayor

ATTEST:

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Maureen Benson, City Clerk