



City of Sacramento City Council

915 I Street, Sacramento, CA, 95814
www.CityofSacramento.org

Meeting Date: 3/15/2011

Report Type: Staff/Discussion

Title: Report Back: Resolution Supporting the Healthy Eating, Active Living (HEAL) Cities Campaign

Report ID: 2011-00264

Location: Citywide

Recommendation: Adopt a Resolution supporting the Healthy Eating, Active Living (HEAL) Cities Campaign

Contact: Michelle Heppner, Special Projects Manager, (916) 808-1226, Office of the City Manager

Presenter: Michelle Heppner, Special Projects Manager, (916) 808-1226, Office of the City Manager

Department: City Manager

Division: Executive Office

Dept ID:

Attachments:

- 1-Description/Analysis
- 2-Resolution

City Attorney Review

Approved as to Form
Joe Robinson
3/3/2011 1:24:21 PM

City Treasurer Review

Prior Council Financial Policy Approval or
Outside City Treasurer Scope
Janelle Gray
3/2/2011 2:42:26 PM

Approvals/Acknowledgements

Department Director or Designee: Cassandra Jennings - 3/3/2011 9:08:46 AM

Assistant City Manager: Cassandra Jennings - 3/3/2011 11:38:41 AM



Description/Analysis

Issue: Council Member Sheedy and Council Member McCarty requested staff to bring forward a resolution in support of the Healthy Eating, Active Living (HEAL) Cities Campaign. The HEAL Cities Campaign is a partnership of the League of California Cities, the Cities Counties and Schools Partnership, and the California Center for Public Health Advocacy, and is designed to support municipal adoption of policies to increase access to physical activity and to healthy food. To date, 68 cities have joined the HEAL Campaign by adopting resolutions with specific policy goals.

Policy Considerations: City leaders across California are stepping up to help stem the obesity epidemic in their communities. Cities and their residents are facing increased health care costs and diminished quality of life due to the epidemic of obesity and overweight. While individual lifestyle changes are necessary, individual effort alone is insufficient to combat obesity's rising tide. Significant societal and environmental changes are needed to support individual efforts to make healthier choices. To that end, the HEAL Cities Campaign is intended to help municipalities promote policies to help reduce obesity and overweight.

Environmental Considerations: None

Sustainability: None

Commission/Committee Action: None

Rationale for Recommendation: By adopting a resolution in support of the HEAL Cities Campaign, the City of Sacramento is promoting employee wellness and improved quality of life for residents through active lifestyles.

Financial Considerations: None

Emerging Small Business Development (ESBD): None



RESOLUTION NO.

Adopted by the Sacramento City Council

ON DATE OF _____

RESOLUTION SUPPORTING THE HEALTHY EATING, ACTIVE LIVING (HEAL) CITIES CAMPAIGN

BACKGROUND

- A. 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.
- B. The League of California Cities has a strategic goal to promote and develop safe and healthy cities.
- C. Overweight, obesity, and physical inactivity take a tremendous toll on the health and productivity of all Californians.
- D. More than half of California's adults are either overweight or obese and 2004 data shows 28.7% of Sacramento's students are overweight.
- E. 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.
- F. 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.
- G. 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 obesity a priority.
- H. 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.
- I. In light of the foregoing statistics and considerations, the City of Sacramento desires to encourage physical activity and good nutritional habits to decrease the rate of obesity and overweight in its community. To this end, the City of Sacramento has a number of existing policies, programs and ordinances that promote active, healthy living, including:

- Pedestrian Master Plan that identifies existing and planned pedestrian facilities;
- Bicycle Master Plan that identifies existing and planned cycling facilities;
- Parks Master Plan that identifies park policies and infrastructure needs;
- Trip Reduction Ordinance which promotes a 35% reduction in single occupant vehicle trips through on-site improvements, including pedestrian and bicycle infrastructure;
- Safe Routes to School Program which promotes safe pedestrian access to schools;
- Infill Program to identify and promote development of key infill sites; and
- Transit Village Plans that promote pedestrian, bicycling and transit activity through increased housing, employment and shopping activity near light rail stations.

J. Furthermore, on March 3, 2009, the City of Sacramento adopted the 2030 General Plan which promotes public health through:

- Complete street policies that promote balanced infrastructure to address not only automobiles, but pedestrians, cyclists and transit;
- Compact land use patterns that result in shorter, more direct walking and biking distances;
- Infill Oriented development patterns that support existing resources, including sidewalks, bike routes and transit;
- Mixed Use development that promotes complete neighborhoods that include housing, jobs, shopping, parks and open space;
- Active Living and Connectivity policies that promote direct pedestrian and bicycle connections between activity areas, as well as direction to remove barriers to those connections;
- Policies promoting access to healthy food, community gardens and locally produced foods;
- Open space policies that emphasize protection of rivers and natural resource areas as opportunities for active recreation; and
- Air quality policies that result in reduced air pollution and fewer vehicle miles traveled per capita.

BASED ON THE FACTS SET FORTH IN THE BACKGROUND, THE CITY COUNCIL HEREBY RESOLVES TO:

1. Support the “Healthy Eating, Active Living (HEAL) Cities Campaign”.