



City of Sacramento City Council

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

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Meeting Date: 7/12/2011

Report Type: Staff/Discussion

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

Report ID: 2011-00584

Location: Citywide

Recommendation: Adopt a Resolution supporting the Healthy Eating Active Living 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: Government Affairs

Dept ID: 02001021

Attachments:

- 1-Description/Analysis
 - 2-Resolution
 - 3-Obesity Table
 - 4-List of Active HEAL Cities
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City Attorney Review

Approved as to Form
Joe Robinson
6/17/2011 11:51:13 AM

Approvals/Acknowledgements

Department Director or Designee: Patti Bisharat - 6/16/2011 3:23:23 PM

Assistant City Manager: Patti Bisharat - 6/17/2011 9:54:00 AM



Description/Analysis

Issue: Council Members Sheedy and McCarty requested staff to bring forward a resolution in support of the Healthy Eating, Active Living (HEAL) Cities Campaign. 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 the adoption of city design and planning principles that enable citizens of all ages and abilities to undertake exercise.

In 2006, the League of California Cities adopted a resolution to work together with the Institute for Local Government, and the cities, counties, and schools partnership to develop a clearinghouse of information that cities can use to promote wellness policies and healthier cities. In response to the League of California Cities resolution, the League, along with the cities, counties, schools partnership, and the California Center for Public Health Advocacy launched the "Healthy Eating Active Living (HEAL) Cities Campaign." Under the campaign, there are two levels at which cities can join; as an "Eager" city or an "Active" city. In order to become an active city, two specific goals are required.

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.

The proposed resolution (Attachment 1) includes a summary of the various programs contained in the City of Sacramento adopted 2030 General Plan through which the City promotes public health. In addition, the resolution includes two achievable goals that will ensure the City is listed as an "Active" city in the HEAL Cities campaign.

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.



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RESOLUTION NO.

Adopted by the Sacramento City Council

ON DATE OF _____

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

BACKGROUND:

WHEREAS, 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; and

WHEREAS, the League of California Cities has a strategic goal to promote and develop safe and healthy cities; and

WHEREAS, overweight, obesity, and physical inactivity takes a tremendous toll on the health and productivity of all Californians; and

WHEREAS, more than half of California's adults are either overweight or obese and 2004 data shows 28.7% of Sacramento's students are overweight; and

WHEREAS, 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; and

WHEREAS, 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; and

WHEREAS, 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 obese children and adolescents a key goal; and

WHEREAS, 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; and

WHEREAS, 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 & Recreation Master Plan that identifies park and recreation services 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.

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;
- Recreation and Open space policies that emphasize opportunities for active and outdoor 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 RESOLVES AS FOLLOWS:

Section 1. The City recognizes that obesity is a serious health threat and that certain societal and environmental changes are needed to support individual efforts to make healthier choices. To that end, the City supports the “Healthy Eating, Active Living (HEAL) Cities Campaign”.

Section 2. In addition, the City sets the following two goals related to nutritional standards:

- To support employees’ and customers’ evaluation of food choices by providing healthy food alternatives in vending machines located in City owned or leased facilities; and
- To explore a policy that requires healthy food alternatives to be served at City-operated before school and after school programs.

MAYOR

ATTEST:

CITY CLERK

FOR CITY COUNCIL USE ONLY

RESOLUTION NO.: _____

DATE ADOPTED: _____

CHILD OVERWEIGHT RATES IN CALIFORNIA'S 10 LARGEST CITIES, 2004



City	Total Population ¹	Total Tested in Grades 5,7,9 ²	Overweight (%) ³
Los Angeles	3,694,820	69,126	36.3
San Diego	1,223,400	38,947	26.4
San Jose	894,943	28,327	27.4
San Francisco	776,733	11,618	24.4
Long Beach	461,522	16,439	29.1
Fresno	427,652	21,572	30.5
Sacramento	407,018	25,095	28.7
Oakland	399,484	8,997	30.7
Santa Ana	337,977	14,943	34.8
Anaheim	328,014	13,330	32.3

List of Cities that Recently Adopted HEAL Resolutions

HEAL CITIES

The Campaign welcomes these Eager and Active HEAL Cities. Click on the city's name to link to their specific resolutions and policies.

The image features a map of California with various cities marked by dots. A large, semi-transparent watermark in the center of the map reads "HEALTHY EATING WE LIVE IN CITIES CAMPAIGN". To the right of the map is a vertical list of city names, each preceded by a small blue square icon. Below the map, there are three columns of city names, each also preceded by a small blue square icon. A small inset box on the left side of the map lists several cities, with a line pointing to a specific location on the map.

- Anderson
- Arcata
- Azusa
- Baldwin Park
- Beaumont
- Bell Gardens
- Benicia
- Brentwood
- Brisbane
- Cathedral City
- *Chula Vista*
- Citrus Heights
- Claremont
- Colton
- Cotati
- Davis
- Delano
- Desert Hot Springs
- Duarte
- El Centro
- El Cerrito
- El Monte
- Emeryville
- Ferndale

- Fowler
- Fremont
- Fullerton
- Greenfield
- Gridley
- Healdsburg
- Huntington Park
- Inglewood
- Irvine
- La Mesa
- La Quinta
- Lancaster
- Livermore
- Lodi
- Merced

- Mountain View
- Paramount
- Petaluma
- Poway
- Rancho Cucamonga
- Red Bluff
- Redding
- Reedley
- Riverbank
- Riverside
- Rohnert Park
- San Fernando
- San Joaquin
- San Leandro
- San Pablo

- Sanger
- Santa Ana
- Santa Clarita
- Santa Monica
- Sebastopol
- Solana Beach
- South El Monte
- South Gate
- Stockton
- Suisun City
- Victorville
- Watsonville
- West Sacramento
- Windsor
- Winters
- Yucca Valley

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- Anderson
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