



REPORT TO LAW & LEGISLATION COMMITTEE City of Sacramento

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915 I Street, Sacramento, CA 95814-2671

STAFF REPORT
April 22, 2010

**Honorable Members of the
Law and Legislation Committee**

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

Location/Council District: Citywide

Recommendation: For consideration and possible action.

Contact: Michelle Heppner, Special Projects Manager, 808-1226

Presenters: Michelle Heppner, Special Projects Manager

Department: City Manager's Office

Description/Analysis

Issue: Council Member Sheedy 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."

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 Considerations: None.

Committee/Commission 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.

Respectfully submitted by: _____


Michelle Heppner
Special Projects Manager

Recommendation Approved:


Gus Vina
Interim City Manager

Table of Contents

	Pg. 1	Report
Attachments		
1	Pg. 3	Proposed HEAL Resolution
2	Pg. 5	California Center for Public Health Advocacy. The Growing Epidemic: Child Overweight Rates in California's 10 Largest Cities, 2004
3	Pg. 6	HEAL Cities: List of Cities that Recently Adopted HEAL Resolutions

RESOLUTION NO.

Adopted by the Sacramento City Council

ON DATE OF _____

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

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 Center for Disease Control and Prevention recommends at least 30 minutes of moderate physical activity at least five days a week for adults, and at least 60 minutes of moderate to vigorous physical activity for children every day; 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.

WHEREAS, the City of Sacramento has historically supported healthy and active lifestyle choices through:

- programs, policies and land use decisions such as a comprehensive park and open space system,
- connecting several miles of bike path and lanes,
- promotion of the weekly downtown farmers markets in key locations,
- a proactive bicycling atmosphere and programs to encourage healthy lifestyles for employees and for residents involved in city programs.

NOW, THEREFORE, BE IT RESOLVED BY THE COUNCIL OF THE CITY OF SACRAMENTO HERE BY SUPPORTS:

1. The "Healthy Eating, Active Living (HEAL) Cities Campaign".

MAYOR

ATTEST:

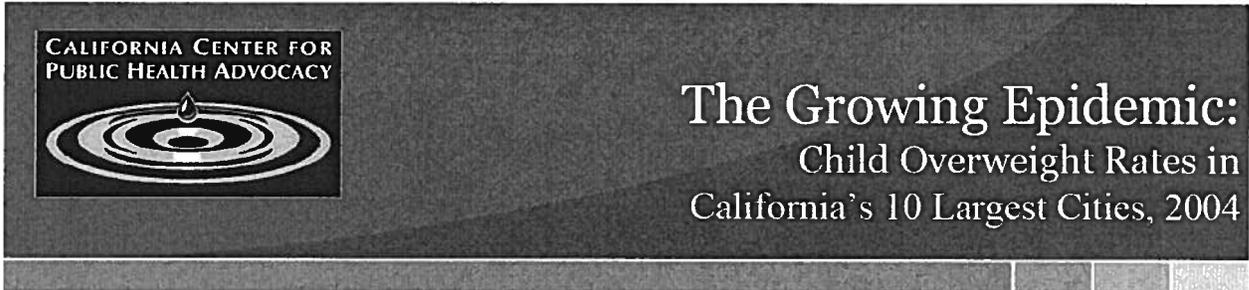
CITY CLERK

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.



- Anderson
- Arcata
- Baldwin Park
- Cathedral City
- "Chula Vista"
- Davis
- Desert Hot Springs
- El Cerrito
- Fowler
- Irvine
- La Mesa
- La Quinta
- Livermore
- Lodi
- Mountain View
- Paramount
- Poway
- Rancho Cucamonga
- Redding
- Red Bay
- San Fernando
- San Joaquin
- San Leandro
- Sanger
- Santa Clarita
- Suisun City
- West Sacramento
- Yuca Valley