

RESOLUTION NO. 14-\_\_\_\_

A RESOLUTION OF THE COUNCIL OF THE CITY OF SANTA BARBARA, COUNTY OF SANTA BARBARA, STATE OF CALIFORNIA DECLARING THE CITY AS A HEALTHY EATING ACTIVE LIVING (HEAL) CITY

WHEAREAS, 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

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

WHEAREAS, in July 2010, the League of California Board of Directors resolved to partner with and support the national *Let's Move Campaign*, and encourages California cities to adopt preventative measures to fight obesity; and

WHEAREAS, on November 18, 2011, the League of CA Cities Board of Directors unanimously voted to encourage 100 percent board participation in the HEAL Cities Campaign; and

WHEAREAS, the local land use policy governs development of the built environments in which individuals make personal nutrition and physical activity choices; and

WHEAREAS, more than half of Santa Barbara County adults are overweight or obese and therefore at risk for many chronic conditions including diabetes, heart disease, cancer, arthritis, stroke, and, hypertension; and

WHEAREAS, one in four young people in California between the ages of 9 and 16 is overweight; and only 26% of teens in Santa Barbara County report getting the recommended minimum of an hour of activity every day; and

WHEAREAS, Santa Barbara County children and teens reported consuming two or more sodas or sugary drinks on the day surveyed, contributing to obesity; and

WHEAREAS, 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

WHEAREAS, the annual cost to California – in medical bills, workers compensation and lost productivity – for overweight, obesity, and physical inactivity exceeds \$41 billion; and

WHEAREAS, the adoption of worksite health promotion programs has been proven to positively impact employee health while providing a return on investment ranging from \$3.00 to \$6.00 for every dollar invested in the program; and

WHEAREAS, supporting the health of Santa Barbara residents and the local workforce would decrease chronic disease and health care costs and increase productivity; and

WHEAREAS, the Coalition for Community Wellness has developed multi-sector partnerships to address the issue of obesity and promote health in Santa Barbara through local programs and policies.

NOW, THEREFORE, BE IT RESOLVED that the City Council of the City of Santa Barbara, State of California, hereby recognizes that obesity is a serious public health threat to the health and wellbeing of adults, children and families in Santa Barbara. 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, Santa Barbara adopts this Healthy Eating Active Living resolution:

## **SECTION I. BUILT ENVIRONMENT**

Santa Barbara planners, engineers, park, recreation, community economic development, public works and utility personnel responsible for the design and construction of parks, neighborhoods, streets, and business areas, should make every reasonable effort to:

- Prioritize capital improvement projects to increase the opportunities for physical activity and health;
- Plan and construct a built environment that encourages walking, biking, and other forms of physical activity;
- Address walking and biking connectivity between residential neighborhoods and schools, parks, recreational resources, and retail;
- Expand community access to indoor and outdoor public facilities through joint use agreements with schools and/or other partners;
- Consider ways to increase opportunities for physical activity wherever and whenever possible, including complete streets policies, compact, mixed-use and transit-oriented development when revising comprehensive plans and zoning ordinances;
- Include health goals and policies related to physical activity in general plan updates;
- Encourage collaboration and data sharing between local agencies and the City of Santa Barbara on racial, ethnic, and social-economic disparities in access to healthy foods and physical activity facilities or resources in Santa Barbara and adopt strategies to remedy these inequities.

## **SECTION II. EMPLOYEE WELLNESS**

In order to promote wellness within the City of Santa Barbara, and to set an example for other businesses, Santa Barbara pledges to adopt a set of employee wellness policies that will encourage:

- Employee opportunities for health education, healthy eating and physical activity;
- Accommodation of breastfeeding employees upon their return to work;
- Active use of employee break times and lunch period;
- Implementation of appropriate breaks, regular stretching, moving meetings, and ergonomic work stations and processes to enhance productivity and prevent injury;
- Healthy food options for vending machines located in city owned or leased locations;
- Healthy food options offered at city sponsored meetings, events, and programs;
- The development of athletic teams, sports leagues and tournament opportunities to provide city staff with a local outlet to engage in physical activity during their off work hours.

## **SECTION III. HEALTHY FOOD ACCESS**

Santa Barbara planners, engineers, parks, recreation, community economic development, public works and utility personnel responsible for design and construction of parks, neighborhoods, streets, and business areas, should make every effort to:

- Support new grocery stores, community gardens and farmers markets to be located on sites in underserved neighborhoods to increase access to healthy food, including fresh fruits and vegetables;
- Consider ways to increase opportunities for access to healthy foods wherever and whenever possible, including prioritizing healthy food retail in compact, mixed-use and transit-oriented development policies, proposals and projects when revising comprehensive plans and zoning ordinances;
- Include health goals and policies related to access to healthy food in general plan updates;
- Examine data on local racial, ethnic, and socio-economic disparities in access to healthy foods and adopt strategies to remedy these inequities.
- Map existing food outlets to determine if strategies are needed to address residential neighborhoods with over-concentration of unhealthy food outlets;
- Allow vacant city lots to be used for community gardens until future use is determined or until such a time that the lot is needed for city purposes.

**BE IT RESOLVED THAT THE CITY OF SANTA BARBARA** encourages other cities and counties to follow its lead and to take an active role in advancing the concepts encompassed within the Healthy Eating Active Living Campaign.