

RESOLUTION NO. 5810(12)

**A Resolution of the Council of the City of Lompoc,
County of Santa Barbara, State of California,
Declaring the City as a Healthy Eating Active Living (HEAL) City**

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, 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

WHEREAS, 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

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

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

WHEREAS, one in four young people in California between the ages of 9 and 16 is overweight; and

WHEREAS, local data has determined that 48.6 percent of Lompoc children are overweight – a figure 10 percent higher than any other city in the county; and

WHEREAS, 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

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

WHEREAS, 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

WHEREAS, supporting the health of Lompoc residents and the local workforce would decrease chronic disease and health care costs and increase productivity; and

WHEREAS, the Healthy Lompoc Coalition has developed multi-sector partnerships to address the issue of obesity and promote health in Lompoc through local programs and policies.

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

I. Built Environment

Lompoc planners, engineers, recreation department, 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;
- 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 Lompoc on racial, ethnic, and socio-economic disparities in access to healthy foods and physical activity facilities or resources in Lompoc and adopt strategies to remedy these inequities.

II. Employee Wellness

In order to promote wellness within City of Lompoc, and to set an example for other businesses, **Lompoc** pledges to adopt and implement an employee wellness policy that will:

- Offer employee incentives for health education, healthy eating and physical activity;
- Accommodate breastfeeding employees upon their return to work;
- Encourage active use of employee break times and lunch period;
- Provide healthy food options for vending machines located in city owned or leased locations;
- Provide healthy food options offered at city sponsored meetings, events, programs and any food served at city facilities, and city concessions excluding special occasions and celebrations.
- Promote the development of athletic teams, sports leagues and tournament opportunities to provide city staff with a local outlet to engage in physical activity.

III. Healthy Food Access

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

- Encourage 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-concentrations 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.

IV. Implementation

The Healthy Lompoc Coalition, in partnership with City of Lompoc staff and commissioners, should report back to the City Council annually regarding steps taken to

implement the Resolution, additional steps planned, and any desired actions that would need to be taken by the City Council.

Built Environment

1. Through collaboration with community partners, use websites and the Lompoc Public Library to provide access to tools and resources on information that residents and business owners can utilize to make improvements that impact health, such as a guide to simple backyard games or installing bike racks in front of local businesses.
2. Promote an active community through a citywide campaign that highlights local venues and resources in the area.
3. Use local data from Geographic Information Systems (GIS) to perform community asset mapping to identify health determinants and community needs; specifically to identify areas of the built environment that can be improved, such as infrastructure to promote safe walking, biking or outdoor recreation.
4. Sustain and augment the efforts of the City to improve local infrastructure and promote Safe Routes to School.
5. Support the Health & Wellness policies in the Land Use Element of the proposed 2030 City of Lompoc General Plan Update.

Worksite Wellness

1. Encourage city employees to participate in the Blue Shield Healthy Rewards program.
2. Encourage healthier food choices in city work places by implementing nutritional standards that:
 - a. Mandate 50 percent of vending machine choices are healthy snacks.
 - b. Encourage foods offered as fundraisers to be at least 50 percent healthy options.
 - c. Mandate that healthy food options be served at city functions, except at events deemed to be special events or celebrations.
3. Encourage employees to utilize walking maps provided to each site to increase participation in physical activity.
4. Sustain and augment the health education information series provided to City employees.
5. Utilize data and resources from community partners and promote worksite wellness programs in businesses throughout the city.

Healthy Food Access

1. Through collaboration with community partners, provide training opportunities to local food vendors and restaurants on how to successfully market fresh produce and healthy food options.
2. Through collaboration with community partners, use websites and the Lompoc Public Library to provide access to tools and resources on nutrition information,

such as healthy food recipes, information on locally produced foods, and caloric measurements.

3. Through collaboration with community partners, promote healthy foods through a citywide campaign that highlights local vendors and resources in the area.

BE IT RESOLVED THAT THE CITY OF LOMPOC 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.

The above and foregoing Resolution was proposed by Council member _____, seconded by Council member _____, and was duly passed and adopted by the Council of the City of Lompoc at its regular meeting on September 18, 2012, by the following electronic vote:

AYES: Council member(s):

NOES: Council member(s):

ABSENT: Council member(s):

John H. Linn, Mayor
City of Lompoc

ATTEST:

Stacey Alvarez, City Clerk
City of Lompoc