

RESOLUTION NO. 2012-33

A RESOLUTION OF THE CITY COUNCIL OF THE CITY OF NEWPORT BEACH TO BECOME 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% board participation in the HEAL Cities Campaign; 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 youth between the ages of 9 and 16 in California is overweight including 19% of 5th, 7th and 9th graders in Newport Beach; 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 current generation of children are expected to have shorter lives than their parents due to the consequences of obesity; and

WHEREAS, obesity takes a tremendous toll on the health, productivity of all Californians;

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

WHEREAS, teens and adults who consume one or more sodas or sugar sweetened beverages per day are more likely to be overweight or obese;

WHEREAS, California Senate Bill 375 and Assembly Bill 32 call on cities to adopt plans to reduce greenhouse emissions which include reducing vehicular miles traveled; and

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

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

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

I. LAND USE AND BUILT ENVIRONMENT

BE IT FURTHER RESOLVED that the City of Newport Beach planners, engineers, community services and community development personnel responsible for the design and construction of parks, neighborhoods, streets, and business areas should make every effort to:

- Prioritize capital improvements projects to increase the opportunities for physical activities in existing areas; and
- Continue to provide and maintain the twelve trails and fifty-nine neighborhood parks for outdoor recreational activities that encourage walking, biking and other forms of physical activity; and
- Continue to offer a full complement of year round recreational youth and adult sports leagues and exercise classes within those Parks; and
- Continue to offer and maintain all equipment at the City's parks including: 18 basketball courts, 24 active sports fields, 20 tennis courts, 71 volleyball courts and 32 sets of play equipment; and
- Continue to provide and maintain the OASIS Senior Center and a full range of programming that aims at promoting healthy active lifestyles to the senior citizens of the community; and
- Continue to facilitate farmers markets to increase access to healthy food, including fresh fruits and vegetables; and
- Continue to encourage mixed-use development; and

- Continue to provide public use of the aquatic facilities at the Marian Bergeson Aquatic Center and Newport Harbor High School through joint use agreements with the Newport-Mesa Unified School District.

II. HEALTHY FOOD ACCESS

The City of Newport Beach will continue to provide healthy eating access through:

- Two Certified Organic Farmers Markets, held on Saturdays in Corona Del Mar and Sundays at the Lido Marina Village, both featuring fresh, organic and wholesome fruits and vegetables directly from California farmers; and
- Provide books on healthy living and eating to the community at the Newport Beach Central Library; and
- Ensure that only healthy snacks are provided at Active Kids and during day camps.

III. EMPLOYEE WELLNESS

BE IT FURTHER RESOLVED that in order to promote wellness within the City of Newport Beach, and to set an example for other businesses, the City of Newport Beach will continue to:

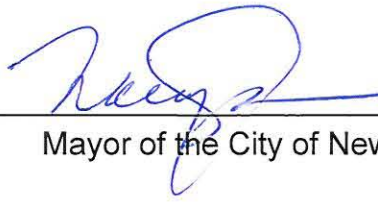
- Provide all employees access to the Employee Assistance Program; and
- Support the Bike to Work Day, which encourages employees to use an alternate form of transportation for the day; and
- Host the Employee Health Fair and have multiple vendors there to perform various health screenings at no charge; and
- Provide access to a facility where current and retired employees can maintain fitness; and
- Encourage the City's rideshare program where employees receive incentives for choosing alternate forms of transportation to and from work; and
- Encourage and promote participation in weekly fitness walks and classes.

IV. IMPLEMENTATION

BE IT FURTHER RESOLVED that the head of each affected agency or department should report back to the City Council via the City Manager annually regarding steps taken to implement the Resolution, additional steps planned, and any desired actions that would be recommended to City Council.

Adopted this 22nd day of May, 2012.

BY



Mayor of the City of Newport Beach

ATTEST:



City Clerk



STATE OF CALIFORNIA }
COUNTY OF ORANGE }
CITY OF NEWPORT BEACH } ss.

I, Leilani I. Brown, City Clerk of the City of Newport Beach, California, do hereby certify that the whole number of members of the City Council is seven; that the foregoing resolution, being Resolution No. 2012-33 was duly and regularly introduced before and adopted by the City Council of said City at a regular meeting of said Council, duly and regularly held on the 22nd day of May, 2012, and that the same was so passed and adopted by the following vote, to wit:

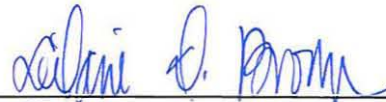
Ayes: Hill, Rosansky, Curry, Selich, Henn, Daigle, Mayor Gardner

Noes: None

Absent: None

Abstain: Henn

IN WITNESS WHEREOF, I have hereunto subscribed my name and affixed the official seal of said City this 23rd day of May, 2012.



City Clerk
Newport Beach, California

(Seal)

