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CITY OF SOUTH GATE
OFFICE OF THE CITY MANAGER

City of South Gate Item No. 3
CITY COUNCIL

AGENDA BILL

For the Regular Meeting of: January 25, 2011

Originating Department: Community Development

Department Head:


Steve Lefever

Executive Director:


Ronald Bates

SUBJECT: A RESOLUTION DECLARING THE CITY AS A HEALTHY EATING ACTIVE LIVING (HEAL) CITY

ACTION: Adopt a Resolution declaring the City of South Gate as a Healthy Eating Active Living (HEAL) City.

FISCAL IMPACT: None at this time. *rr*

NOTICING REQUIREMENTS: A Legal Notice is not required to be posted (other than on the Agenda), published, or mailed with regard to this matter.

REPORT SUMMARY: The recently adopted General Plan -2035 addressed the public health issues and challenges in the Healthy Community Element. According to the Los Angeles County Department of Public Health (LACDPH), the City of South Gate has a higher rate of people (20 percent higher for adults and 40 percent higher for children) who report being in poor or fair health overall than is found in Los Angeles County as a whole. The City's health challenges include high rates of obesity and death from diabetes, poor nutrition, lower than average access to health care and higher than average levels of poverty. To address these public health issues, several goals, objectives and policies have been listed in the Healthy Community Element.

In 2004 and 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. 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." The HEAL Campaign provides training and technical assistance to help city officials adopt policies that improve their communities' physical activity and retail food environments.

Adoption of this Resolution will provide several benefits, such as, HEAL Cities Campaign logo for the City's website, framed campaign certificate, recognition on HEAL Cities Campaign Website, tailored press release for local press outlets, recognition at the League of California Cities Annual Conference and paid ad in the Western Cities magazine. It will also afford the opportunity to apply for various grants to implement programs and projects promoting public health. The most benefit will be achieved by improved health of the South Gate residents. Supporting healthy choices is essential to address the obesity epidemic among California's children and adults, currently costing the State more than \$41 billion annually in healthcare and lost productivity. City leaders across California can address the crisis by implementing land use and employee policies which encourage physical activity and nutritious eating.

ATTACHMENTS: Proposed Resolution

RESOLUTION NO. _____

**CITY OF SOUTH GATE
LOS ANGELES, CALIFORNIA**

**A RESOLUTION OF THE CITY COUNCIL OF THE CITY OF SOUTH GATE
DECLARING THE CITY AS A HEALTHY EATING ACTIVE LIVING (HEAL)
CITY**

WHEREAS, cities and their residents face increased health care costs and diminished quality of life due to the epidemic of obesity and its resultant health related effects of diabetes and cardiac disease; and

WHEREAS, the League of California Cities adopted an Annual Conference resolution in 2004 and 2006 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, 68 percent of South Gate residents are obese or overweight, compared to 56.1 percent of residents statewide according to the Los Angeles County Department of Public Health (LACDPH), and therefore at risk for many chronic conditions including diabetes, heart disease, cancer, arthritis, stroke, and, hypertension; and

WHEREAS, the City of South Gate, as part of the San Antonio Health District defined by the LACDPH, has a higher rate of people (20 percent higher for adults and 40 percent higher for children) who report being in poor or fair health overall than is found in Los Angeles County as a whole; and

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

WHEREAS, the City of South Gate recently adopted a Healthy Community Element as part of the new General Plan to address key health issues and challenges with the intent to develop projects and adopt policies that encourage healthy activity; 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; and

WHEREAS, there are many organizations in California and the U.S. that are involved in promoting health and wellness in cities that are potential collaborating partners; and

WHEREAS, many cities currently provide health and wellness programs, promote planning principles that provide a healthy environment, and have excellent examples of successful programs;

NOW, THEREFORE, THE CITY COUNCIL OF THE CITY OF SOUTH GATE DOES HEREBY RESOLVE AS FOLLOWS:

SECTION 1. The City of South Gate Planners, Engineers, Parks and Recreation Department, Economic and Redevelopment 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 activity in existing areas;
- Plan and construct a built environment that encourages walking, biking and other forms of physical activity;
- Address walking and biking areas between residential neighborhoods, schools, parks, recreational resources, and retail;
- Facilitate the citing of new grocery stores, community gardens and farmers markets to increase access to healthy food, including fresh fruits and vegetables;
- Expand community access to indoor and outdoor public facilities through joint use agreements with schools and/or other partners;
- Allow the use of city-owned vacant lands to establish community gardens.

SECTION 2. To promote wellness within the City of South Gate, and to set an example for other businesses, the City of South Gate pledges to consider adoption and implementation of policies that will:

- Establish physical activity breaks for meetings over one hour in length;
- Accommodate breastfeeding employees upon their return to work;
- Encourage walking meetings and use of stairways;
- Offer healthy food choices in vending machines located in city owned or leased locations;
- Encourage healthy food offerings at city events, city sponsored meetings, served at city facilities and city concessions, and city programs;
- Educate City staff on purchasing healthy food;
- Create City-wide competition for HEAL activities.

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SECTION 3. The City of South Gate encourages restaurants doing business in the City of South Gate to:

- Encourage restaurants doing business in the City to disclose the calorie amount and grams of fat for each menu item listed on a menu or menu board in a clear and conspicuous manner;
- Recognize restaurants and food retailers that promote healthy food choice enabling them to display a Healthy Eating Active Living logo;
- Use the City website to post healthy food recipes; and simple backyard games for children;
- Map existing fast food outlets and consider drafting an ordinance which will place limits on fast food around schools and in neighborhoods with over-concentration of unhealthy food outlets;
- Remove foods containing artificial trans fat from their menu offering.

SECTION 4. The head of each affected agency or department should report back to the City Council periodically regarding steps taken to implement the Resolution, additional steps planned, and any desired actions that would need to be taken by the City Council.

SECTION 5. The City Clerk shall certify to the adoption of this Resolution which shall be effective upon its adoption.

PASSED, APPROVED, and ADOPTED on this 25 day of January, 2011.


CITY OF SOUTH GATE:

Gregory Martinez, Mayor

ATTEST:

Carmen Avalos, City Clerk
(Seal)

APPROVED AS TO FORM:



Raul F. Salinas, City Attorney