

RESOLUTION NO. 3586-2013

RESOLUTION OF THE FORT BRAGG CITY COUNCIL ADOPTING THE HEALTHY EATING AND EMPLOYEE WELLNESS GUIDELINES

WHEREAS, on August 13, 2012, Resolution 3563-2012 was adopted recognizing our community's efforts to improve health, joining California's Healthy Eating, Active Living Cities Campaign and resolving to establish and implement an employee wellness policy; and

WHEREAS, Resolution 3563-2012 resolved to establish and implement policies that will encourage employees to walk during breaks and to walk and bike to work, set nutrition standards for vending machines located in City owned buildings, and set nutrition standards for food offered at City events and meetings; and

WHEREAS, according to the 2007 California Interview Health Survey, as reported in the April 2010 Mendocino County Community Health Status Report, produced by the Mendocino County Health and Human Services Agency, Community Health Services Branch, 16.3% of Mendocino County children and 31.4% of teens are of above normal weight. 62.9% of adults in Mendocino County are either overweight or obese; and

WHEREAS, establishing and implementing an employee wellness policy will assist the City in achieving the significant public purpose of preventing and reducing rates of obesity by encouraging healthy levels of activity and eating habits; and

NOW, THEREFORE, BE IT RESOLVED that the City Council of the City of Fort Bragg does hereby adopt the Healthy Eating and Employee Wellness Guidelines, attached hereto as Exhibit A.

The above and foregoing Resolution was introduced by Councilmember Courtney, seconded by Councilmember Hammerstrom, and passed and adopted at a regular meeting of the City Council of the City of Fort Bragg held on the 14th day of January, 2013, by the following vote:

AYES: Councilmembers Courtney, Deitz, Hammerstrom, and Mayor Turner.
NOES: None.
ABSENT: None.
ABSTAIN: None.



DAVE TURNER,
Mayor

ATTEST:


Cynthia M. VanWormer, MMC
City Clerk

CITY OF FORT BRAGG HEALTHY EATING AND EMPLOYEE WELLNESS GUIDELINES

As a public agency, the City of Fort Bragg is committed to support the health of its staff and members of the public who use City facilities and attend City events and meetings. The City Council has established "Wellness and Healthy Food Standards" to address risk factors that cause serious health problems, particularly those associated with overweight and obesity. Overweight and obesity are presently leading risk factors for a range of health problems that include heart disease, type 2 diabetes, some cancers, high blood pressure, stroke, liver disease, respiratory problems and other conditions. According to the 2007 California Interview Health Survey, as reported in the April 2010 Mendocino County Community Health Status Report, produced by the Mendocino County Health and Human Services Agency, Community Health Services Branch, 16.3% of Mendocino County children and 31.4% of teens are of above normal weight. 62.9% of adults in Mendocino County are either overweight or obese.

Part of the solution to preventing and reducing rates of obesity is providing an environment that supports healthy levels of activity and eating habits. By creating nutrition standards for vending machines located in City-owned buildings and for food offered at City-sponsored events and meetings, and by encouraging its employees to be active, the City is doing its part in creating a healthier environment. The environment at City properties can either undermine or promote the good intentions of an employee or visitor to make healthy choices. By creating a policy that promotes healthier choices, the City can support and encourage employees, visitors and guests of our facilities, to make healthier food decisions. Employees, guests and visitors may of course still bring their choice of beverage and snack foods from home, and many popular vending machine options will continue to be available.

The City of Fort Bragg **Healthy Foods Standards** requires that on or before March 1, 2013:

1. 100% of items in vending machines that are accessible to the public and installed on City properties shall meet the **Vending Machine Nutritional Standards** and
2. At least 75% of items in vending machines that are not accessible to the public and installed on City properties shall meet the **Vending Machine Nutritional Standards**. During the first six months of implementation at least 50% of the items shall meet the **Vending Machine Nutritional Standards**; and
3. Food offered at City-sponsored events and meetings shall meet the **Nutrition Standards for Food Offered at City Sponsored Events and Meetings**.

Vending Machine Nutritional Standards:

Subject to the above **Healthy Food Standards**, snack and beverage items sold in vending machines located on properties owned by the City of Fort Bragg shall meet the nutritional standards set forth below. The City encourages the provision of organic and locally-produced options in vending machine selections.

Beverages: Beverages offered in each vending machine shall meet all of the following criteria:

1. Drinking water shall be provided with no added caloric sweeteners.
2. Fruit based and vegetable drinks must be at least 50% fruit or vegetable juice without added caloric sweeteners and do not exceed 12 fluid ounces.
3. One-percent-fat milk, nonfat milk, soy milk, rice milk, and other similar nondairy milks must contain no added caloric sweetener.
4. Beverages must not contain added non caloric or artificial sweeteners.
5. Beverages must not have added caffeine.
6. All other beverages must be low calorie (<25 calories per 8 ounces) or no-calorie.

Examples of beverage types that meet these criteria: Water, 100% Fruit Juices, Sobe Lean, Propel Zero, Vitamin Water Zero, Coconut Water, Izzie Drinks, Steaz Energy.

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Vending Machine Standards (Continued):

Snacks: Snack foods shall emphasize fruit, vegetables, whole grains and low fat (1%) or non-fat dairy products. Snack food items offered in each vending machine shall meet all the following criteria for each individual package:

1. No more than 250 calories.
2. No more than 35% calories from fat (excluding legumes, nuts, nut butters, seeds, eggs, non-fried vegetables, and cheese packaged for individual sale).
3. No more than 10% of calories from saturated fat (excluding eggs or cheese packaged for individual sale).
4. No artificial trans fats.
5. No more than 35% total weight from sugar and caloric sweeteners except for fruits and vegetables that have not been processed with added sweeteners or fats.
6. No more than 250 mg of sodium.
7. Locally made sandwiches will be exempt from the total calorie limits, but must include whole grain breads and fresh vegetables (lettuce, tomato, etc.).

Examples of snack types that meet these criteria:

Bars and Pastries:

Clif Bars, Fiber One Bars – Oat &Carmel and Oat & Strawberry, Health Valley Bars, Kellogg's Nutri Grain Bars, PopTarts – Strawberry, Blueberry, Brown Sugar Cinnamon, Kind Nut and Spice Bars.

Chips, Cookies, Crackers, Snack Mixes, Popcorn:

Annies Bunny Grahams, Cheeze It Reduced Fat Crackers, Frito Lay Baked Chips, Kettle Baked Chips, Nature Valley Crunchy Granola Bars, Pirate's Booty Popcorn (except Veggie and Pizza), Sun Chips – Original, Living Light Granola.

Fruit and Fruit Related:

Individual fresh fruit items (apple, banana, etc.), Kettle Valley Fruit Snacks, fruit packed in juice, individually packaged dried fruit.

Nuts, Seeds and Nut Products:

Individually packaged plain nuts or seeds, Mr. Nature – Unsalted Trail, Fruit, Fat Free, and Oriental.

Refrigerated Products:

Light Non-fat and Low Fat yogurts, Low fat milks, locally made sandwiches from fresh ingredients.

In addition:

1. At least 10% of items in each machine must also meet the FDA definition of "low sodium" (less than 140mg of sodium per serving for a snack).
2. Organic and locally produced items shall be encouraged.

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Nutrition Standards for Food Offered at City-Sponsored Events and Meetings:

On occasion meals or snacks are provided to those attending City-sponsored events and meetings. As community leaders we can demonstrate our commitment to addressing concerns about obesity and other chronic diseases and supporting community involvement by offering locally-produced healthier choices at events and meetings. In addition, providing healthy and nutritious options for those who attend City events and meetings is an important step in helping attendees remain productive, alert and active participants. With this in mind, City Council has set the following Nutritional Standards for meals and snacks purchased with City funds to be served at City-sponsored events and meetings.

1. Beverage and snack choices shall meet the **Vending Machine Standards**.
2. Meals offered at events and/or meetings should:
 - a. Include a selection of fresh fruits and vegetables.
 - b. Provide a selection that includes whole grains and reduced fats, where feasible.
 - c. Strive to provide minimally processed, organic and locally-prepared selections.

Of course employees or guests may bring their own selections. This policy only limits food and beverages purchased with City funds and served at City-sponsored events and meetings.

Encouraging Employees to be Healthy and Active During Work Breaks:

City employees perform a variety of tasks on any given day and many of these tasks include physical activity. Examples include a public works employee mowing the lawn or filling a pothole, a police officer patrolling the downtown area on foot or on a bike, or a planner or engineer touring a building or project to gather information about code enforcement or project status. As an employer, the City encourages employees to be active while performing their job duties, to be physically and mentally healthy, and to walk, ride or bike to and from work. The following are examples of ways the City currently promotes healthy activities for its employees and ideas for providing additional encouragement:

- The City provides bike racks outside City Hall and is looking at options to provide a rain shelter or awning for parked bikes. We will evaluate offering bike racks at other City facilities.
- Walking the daily mail to the post office - Employees can "signup" to walk the daily mail to the post office. The signup sheet is located in the Finance Department. On days when an employee walks the mail to the post office, we eliminate a car trip and the employee gets a few minutes of physical activity.
- Employee Assistance & Work/Life Support Program – This program is provided as part of our employee benefits package and provides assistance with finding support for an employee or their family members dealing with a wide range of challenges. Assistance is accessed through a toll free number or on-line at www.cignabehavioral.com and provides discounts and or referrals for legal consultations, parenting guidance, senior care support, identity theft and other challenges that are encountered.
- Cigna Wellness and Healthy Living Emails and Webinars– As part of our Employee Assistance & Work/Life Support Program we are provided newsletters and access to monthly webinars. These are distributed to employees via email and cover a wide range of life style, work and nutrition topics.

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Encouraging Employees to be Active During Work Breaks (Continued)

- Corporate Wellness Program at the C. V. Starr Center - Provides a 10% discount on monthly membership fees for City employees who sign up for monthly payroll deductions.
- Yoga and Stretching: A City employee is leading a Yoga and Stretching class in City Hall three days a week. The class is 15 minutes of stretching and yoga and replaces one of the employees' break periods. There are 5-8 employees attending regularly and all feel more energized and less stressed as result of this short alternative break.
- Basketball in the Gym: A couple of employees are gathering to play basketball at lunch in the gym behind City Hall.
- Fitness equipment is provided at the Police Department for the use by officers and other department employees.

Other ideas that are being discussed:

- Weekly half hour walks around town during the lunch break. These walks could simply be "fun walks", or "destination walks". Destination walks could be led by those involved in on-going City improvement projects and provide a chance to see a completed or in progress project.
- Let's Get Ready for Work – The City Hall program is up and running. At the Corp Yard, Water and Wastewater Plants we envision a morning gathering to stretch and get ready to work. Briefings at the Police Department could incorporate similar movement and stretching.
- Encourage City Teams to participate in fitness events sponsored by community groups around town.
- Fitness Challenge – Start a City employee fitness challenge to: run, bike, swim or walk the most miles or lose the most weight. Gather a couple of employees who commit to meeting at the C.V. Starr Center twice a week after work to attend a fitness class or swim laps or meet at a local spot for an after work run or walk.