

RESOLUTION NO. 3563-2012

RESOLUTION OF THE FORT BRAGG CITY COUNCIL RECOGNIZING OUR COMMUNITY'S EFFORTS TO IMPROVE HEALTH AND JOINING CALIFORNIA'S HEALTHY EATING, ACTIVE LIVING CITIES CAMPAIGN

WHEREAS, over the past eight years, the League of California Cities has adopted resolutions urging 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, 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, teens and adults who consume one or more sodas or sugar-sweetened beverages per day are more likely to be overweight or obese; and

WHEREAS, a 2004 survey found that the number of overweight boys in Mendocino County schools had grown to nearly one in three students; and

WHEREAS, across America 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, physical inactivity and obesity takes a tremendous toll on the health and wealth of all Californians, and the annual cost to California exceeds \$41 billion in medical bills, workers compensation and lost productivity; and

WHEREAS, the Fort Bragg community has taken great strides to improve the health of its residents, as exemplified by the following actions:

- Noyo Food Forest established five school and community gardens;
- Fort Bragg Unified School District created a widely acclaimed school nutrition program;
- Mendocino Coast District Hospital embraced its transformation into a "wellness hospital";
- City of Fort Bragg secured nearly \$6.5 million in ten years for installation of sidewalks and pedestrian improvements;
- City of Fort Bragg acquired 119 acres of coastal parkland (2002-2011);
- City of Fort Bragg constructed or is in the process of constructing more than five miles of Class I bicycle and pedestrian trails (2002-2014);
- City of Fort Bragg installed 43 bike racks and 2.5 miles of bike lanes;
- Mendocino Coast Sports Foundation constructed the Timberwolf Stadium;
- Mendocino Coast Recreation and Park District constructed the C.V. Starr Community Center; and
- Voters passed a half-penny sales tax to provide sustainable funding for the C.V. Starr Center's recreation and fitness facilities and programs.

WHEREAS, based on all the evidence presented, the City Council finds as follows:

1. Our society is facing health and financial challenges caused by poor diets and physical inactivity; but
2. Our community and our civic organizations have demonstrated a commitment to improve the diet and physical health of our residents.

NOW, THEREFORE, BE IT RESOLVED that the City Council of the City of Fort Bragg does hereby recognize that obesity is a serious threat to the health and well-being of adults, children and families in Fort Bragg. 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 Fort Bragg adopts this Healthy Eating Active Living resolution and joins the Healthy Eating Active Living campaign.

BE IT FURTHER RESOLVED that City of Fort Bragg planners, engineers and policy makers responsible for the design and construction of parks, neighborhoods, streets, and business areas, should make every effort to foster a built environment that encourages walking, biking and other forms of physical activity; and to continue to revise City ordinances, policies and regulations to increase opportunities for physical activity wherever and whenever possible, including complete streets policies, and compact, mixed-use and transit-oriented development;

BE IT FURTHER RESOLVED that in order to promote wellness within the City of Fort Bragg and to set an example for other businesses, the City of Fort Bragg pledges to establish and implement an employee wellness policy that will:

- Encourage City 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.

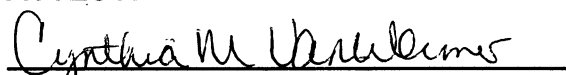
The above and foregoing Resolution was introduced by Councilmember Gjerde, seconded by Councilmember Hammerstrom, and passed and adopted at a regular meeting of the City Council of the City of Fort Bragg held on the 13th day of August 2012, by the following vote:

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



DAVE TURNER,
Mayor

ATTEST:



Cynthia M. VanWormer, CMC
City Clerk