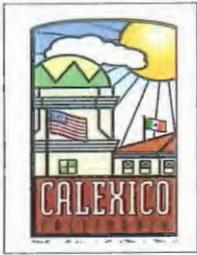


AGENDA
ITEM
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AGENDA STAFF REPORT

DATE: September 18, 2019

TO: Mayor and City Council

APPROVED BY: David Dale, City Manager

PREPARED BY: David Dale, City Manager

SUBJECT: Approve Resolution of the City Council of the City of Calexico, California to Become a Healthy Eating Active Living City

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Recommendation:

Approve a Resolution of the City Council of the City of Calexico to Become a Healthy Eating Active Living City.

Background/Discussion:

About one in four of California's children between the ages of 9 and 16 are overweight and according to the Public Health Advocacy study California Physical Fitness Test of 1,274 fifth, seventh, and ninth graders in Calexico show that 50.0% of the students tested were overweight. More than 75% of adults in Imperial County are overweight or obese and therefore at risk for many chronic conditions including diabetes, heart disease, cancer, arthritis, stroke, and hypertension.

In light of the foregoing statistics and considerations, it is requested that Council approve this resolution. The City of Calexico already encourages many of the items listed in the resolution to create healthier work, school, and neighborhood environments conducive to healthier eating and increased physical activity among residents.

Fiscal Impact:

None

Coordinated with:

None



Attachment:

1. Resolution of the City Council of the City of Calexico, California to Become a Healthy Eating Active Living City.

RESOLUTION NO. 2019-_____

**RESOLUTION OF THE CITY COUNCIL OF THE CITY OF CALEXICO,
CALIFORNIA, TO BECOME A HEALTHY EATING ACTIVE LIVING CITY.**

WHEREAS, the City of Calexico has a strategic goal to promote and develop safe and healthy cities; and

WHEREAS, more than 75% of adults in Imperial County are overweight or obese and therefore at risk for many chronic conditions including diabetes, heart disease, cancer, arthritis, stroke, hypertension; and

WHEREAS, about one in four of California's children between the ages of 9 and 16 are overweight and according to the Public Health Advocacy study California Physical Fitness Test of 1,274 fifth, seventh, and ninth graders in Calexico show that 50.0% of the students tested were overweight; 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 people in the City of Calexico; 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 Centers for Disease Control and Prevention recommends at least 30 minutes of moderate physical activity at least five days a week for adults, and at least 60 minutes of moderate to vigorous intensity physical activity for children every day; and

WHEREAS, the quality of the built environment, including neighborhood safety, sidewalks, streets, public transportation, restaurant and convenience store density, access to parks, trails and grocery stores, has a significant impact on obesity rates; and

WHEREAS, in light of the foregoing statistics and considerations, the City of Calexico commits to do all it can to decrease the rate of obesity and overweight in its communities and is committed to implementing policies to create healthier work, school, and neighborhood environments conducive to healthier eating and increased physical activity among residents.

**NOW, THEREFORE, BE IT RESOLVED BY THE CITY COUNCIL OF THE
CITY OF CALEXICO AS FOLLOWS:**

The City of Calexico will continue to encourage fitness and wellness programs and facilities and work with other agencies to provide health education information on nutrition, fitness testing, and wellness information for its residents.

The City of Calexico will continue to collaborate with other agencies in the community to provide a number of recreation activities that promote physical activity. City staff will work with other entities such as the University of California Cooperative Extension, Imperial County Public Health Department, Community Obesity Prevention Alliance and other youth sports associations to encourage sports, play and physical activity.

The City of Calexico will continue to work to expand community access to indoor and outdoor public facilities through joint use agreements with schools and other partners.

The City of Calexico will continue to encourage and promote the California Children's Outdoor Bill of Rights that encourages children under the age of 14 to participate in a number of outdoor and cultural experiences.

The City of Calexico will encourage Healthy Eating Active Living (HEAL) Cities Campaign designation through planning and construction of a built environment that encourages walking, biking, hiking and other forms of physical activity.

The City of Calexico will encourage zoning to support community gardens and create connectivity between the New River Parkway area, and residential neighborhoods and schools, parks, recreational resources and retail.

The City of Calexico will encourage local farming that can improve nutrition, physical activity, community engagement, safety, and economic vitality for residents and provide environmental benefits to the community.

The City of Calexico pledges to support community efforts to establish and maintain farmers markets, recognizing that farmers markets provide fresh produce to community residents, support small farmers, and build community.

I. **PASSED, APPROVED AND ADOPTED** at a regular meeting of the Calexico City Council held on September 18, 2019.