

Healthy Eating Active Living (HEAL)

RESOLUTION

WHEREAS, the policies and practices of the City of Charlottesville have the ability to affect the health of its residents; and

WHEREAS, planning and constructing a built environment that encourages walking, biking, and other forms of physical activity can promote health; and

WHEREAS, high rates of costly chronic disease among both children and adults are correlated to environments with few or no options for healthy eating and active living, and access to healthy foods and opportunities for active living are affected by inequalities in income, education and residency; and

WHEREAS, more than half of Virginia's adults and one in three youth are overweight or obese and therefore at risk for many chronic conditions including diabetes, heart disease, cancer, arthritis, stroke, and hypertension, and 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 Virginians and costs – in medical bills, workers compensation and lost productivity – for overweight, obesity, and physical inactivity exceed \$3 billion;

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

WHEREAS, the goals of Healthy Eating and Active Living are aligned with the City Vision Area of being American's Healthiest City;

NOW, THEREFORE, LET IT BE RESOLVED that the Charlottesville City Council hereby recognizes that obesity and inactivity are a serious public threat to the health and wellbeing of adults, children and families in Charlottesville, and a commitment is needed to put healthy choices within reach of all residents. 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, Charlottesville adopts this Healthy Eating Active Living resolution:

I. Built Environment

BE IT FURTHER RESOLVED that Charlottesville's planners, engineers, Parks and Recreation Department, community economic and redevelopment personnel responsible for the design and construction of parks, neighborhoods, streets, and business areas, should make every effort to

- Give priority to capital improvement projects that increase opportunities for physical activity;
- Plan and construct a built environment that encourages walking, biking and other forms of physical activity;
- Address walking and biking connectivity between residential neighborhoods and schools, parks, recreational resources, jobs and retail;
- Expand community access to indoor and outdoor public facilities through joint use agreements with schools and/or other partners, including Albemarle County;
- Review Comprehensive Plan and zoning ordinances to increase opportunities for physical activity wherever and whenever possible including compact, mixed-use and transit-oriented development; and building practices that promote physical activity;
- Include health goals and policies related to physical activity in Comprehensive Plan updates and special area plans;
- Build incentives for development project proposals to demonstrate favorable impact on resident and employee physical activity;
- Examine racial, ethnic, socio-economic, and geographic disparities in access to healthy foods and physical activity facilities or resources and adopt strategies to remedy these inequities.
- Implement the Complete Streets Policy adopted in 2011.

II. Workplace Wellness

BE IT FURTHER RESOLVED that in order to promote wellness within the City of Charlottesville and to set an example for other businesses, the City of Charlottesville pledges to adopt and implement a workplace wellness policy that will:

- Establish physical activity breaks for meetings over two hours in length;
- Continue to accommodate breastfeeding employees upon their return to work;
- Encourage walking meetings and use of stairways;
- Set nutrition standards for vending machines located in city owned or leased locations;
- Set nutrition standards for food offered at city events, city sponsored meetings, served at city facilities and city concessions, and city programs;
- Promote water consumption in the workplace and at meetings;
- Continue to offer and improve workplace wellness initiatives, including but not limited to wellness benefits, exercise classes and incentives.

III. Healthy Food Access

BE IT FURTHER RESOLVED that Charlottesville planners, community economic personnel responsible for the design of parks, neighborhoods, streets, and business areas, should make every effort to:

- Facilitate the siting of new grocery stores, community gardens and farmers markets in underserved communities to increase access to healthy food, including fresh fruits and vegetables;
- Revise the Comprehensive Plan and zoning ordinances to increase opportunities for access to healthy foods wherever and whenever possible, including a priority for healthy food retail in compact, mixed-use and transit-oriented development policies, proposals and projects;
- Include health goals and policies related to access to healthy food in comprehensive plan updates;
- Explore incentives for development project proposals to increase access to healthy foods by residents and employees;
- Examine racial, ethnic, socio-economic and geographic disparities in access to healthy foods and opportunities for physical activity and adopt strategies to remedy these inequities.

IV. Implementation

BE IT FURTHER RESOLVED that the head of each affected agency or department will report to the City Council annually regarding steps taken to implement the Resolution, additional steps planned, and any desired actions that would need to be taken by the City Council, and that HEAL initiatives and outcomes will be added to the City's P3 measurement system.

BE IT FURTHER RESOLVED that the City of Charlottesville staff shall work with HEAL Cities and Towns Campaign staff to explore HEAL policies and to identify those policies that are suitable for the City's unique local circumstances.

BE IT FURTHER RESOLVED that City staff will report back to this Council with recommendations not later than 180 days from the date of this Ordinance.