

RESOLUTION SETTING FORTH GALAX'S COMMITMENT TO OBESITY PREVENTION

Preamble

WHEREAS, in January 2013, the Virginia Municipal League entered into a memorandum of understanding with the Institute for Public Health Innovation to work collaboratively on the HEAL Cities & Towns Campaign; and

WHEREAS, the City has 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

WHEREAS, more than half of Virginia'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, one in three youth in Virginia is overweight or obese; 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 Virginians;

WHEREAS, the annual cost to Virginia—in medical bills, workers compensation and lost productivity—for overweight, obesity, and physical inactivity exceeds \$3 billion;

WHEREAS, teens and adults who consume one or more sodas or sugar sweetened beverages per day are more likely to be overweight or obese;

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

WHEREAS, the City of Galax adopted and supports an Employee Wellness program; and

WHEREAS, the City of Galax supports and encourages student to use physically active transportation such as walking and bicycling for a safe and enjoyable trip to school.

NOW, THEREFORE, LET IT BE RESOLVED that the Galax City Council hereby recognized that obesity is a serious public health threat to the health and wellbeing of adults, children and families in the City of Galax 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, the City of Galax adopts this Healthy Eating Active Living resolution:

Physical Activity, Active Transportation, and Land Use

BE IT FURTHER RESOLVED that Galax 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:

- When possible with funding, begin to develop priorities and development plans for sidewalks and bike lanes in underserved neighborhoods.
- Seek funding to promote use of connected walkway by seniors, families, and people with disabilities by installing benches.
- As feasible, create signage identifying critically needed citizen services and public buildings and walking maps to the services.

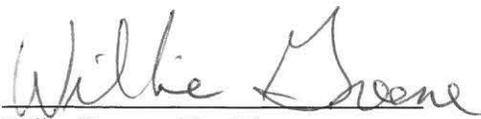
Implementation

BE IT FURTHER RESOLVED that the Galax Staff should report back to the Galax 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 Council.

BE IT FURTHER RESOLVED that Galax Staff shall work with HEAL Cities & 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 Staff will report back to this Council with recommendations not later than 180 days from the date of this Resolution.

Adopted this 8th day of June, 2015.



Willie Greene, Vice Mayor

Attest:



Keith Barker, City Clerk