

RESOLUTION #: 227

**A RESOLUTION SETTING FORTH THE TOWN OF NEW MARKET'S
COMMITMENT TO PROMOTE HEALTHY LIVING AND WELLNESS
OPTIONS FOR ALL TOWN EMPLOYEES AND RESIDENTS**

Preamble

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

WHEREAS, the Town of New Market has the ability to affect the fitness and health of its residents and employees; and

WHEREAS, planning and constructing a healthy 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,

NOW, THEREFORE, LET IT BE RESOLVED that the Town of New Market's Mayor and Town Council hereby recognized that obesity is a serious public health threat to the health and wellbeing of adults, children and families in the Town of New Market and a commitment is needed to put healthy options 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 Town of New Market adopts this Healthy Eating Active Living resolution in recognition of the need for health education as well as the implementation and promotion of fitness options throughout Town for the benefit of residents, visitors and the local workforce via the following methods:

I. HEALTHY ENVIRONMENT

Town of New Market Staff, Mayor, Council and Wellness Committee should make every effort to:

- Plan an environment that encourages walking and other forms of physical activity;
- Address walking connectivity between residential neighborhoods and the park, recreational resources, and retail;
- Ensures the comprehensive plan and zoning ordinance increase opportunities for physical activity wherever and whenever possible; including complete streets policies and mixed-use development;
- Include health goals and policies related to physical activity in the comprehensive plan;
- Expand community access to outdoor public facilities through joint use agreements with schools and/or other organizations;
- Promote health and fitness via Town based media outlets to include the website and newsletter

II. WORKPLACE WELLNESS

In order to promote wellness within the Town of New Market and to set an example for others, the Town pledges to adopt and implement a workplace wellness policy that will:

- Promote good eating habits through educational campaigns, seminars, meetings, and emails for Town employees
- Encourage town employees to take advantage of preventive health care benefits by seeing a physician, dentist, and eye doctor regularly
- Promote water consumption in the workplace, at meetings, and in the field
- Encourage walking by Town staff wherever possible
- Promote health education on various wellness topics through regular email notices or bulletin board postings

- Convene a workplace Wellness Committee quarterly
- Keep progress records for motivational purposes
- Continue to provide monthly safety training sessions for appropriate departments and personnel relative to training topics

III. COMMUNITY WELLNESS

In order to promote wellness throughout the Town of New Market Community, the Town pledges to:

- Support and encourage community participation in the Town of New Market's Farmer's Market
- Promote local restaurants menus' healthy eating options
- Promote wellness in media outlets such as the Town's website and newsletter
- Continue to post information in the Town Office regarding physical fitness activities for children, teens, & adults such as sports teams sign-ups, classes & lessons held in locations within the Town and County
- Create and promote walking routes throughout Town and promote these routes on the Town's website and/or printed literature

IV. IMPLEMENTATION

BE IT FUTHER RESOLVED that the Town Wellness Team will provide an annual update to the Town Manager, Mayor & Town Council regarding steps taken to implement the Resolution, additional steps planned, and any desired actions that would need to be taken by the Council; and

BE IT FURTHER RESOLVED that the Town Wellness Team are directed to work with HEAL Cities & Towns Campaign Staff to explore HEAL policies and to identify those policies that are suitable for the Town's unique local circumstances and report back to this Council with its recommendations.

Adopted in New Market, Virginia this 15TH day of JUNE, 2015.

CERTIFICATE

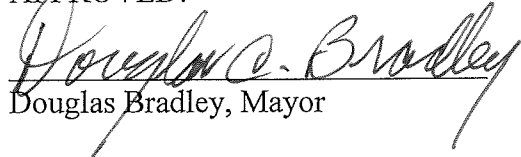
The undersigned Mayor and Clerk of the Town Council of the Town of New Market, Virginia hereby certify that the foregoing constitutes a true and correct copy of a resolution entitled "A resolution setting forth the Town of New Market's commitment to promote healthy living and wellness options for all town employees and residents"

NAME	AYE	NAY	ABSTAIN	ABSENT
Douglas Bradley, Mayor				
John Blosser	✓			
Gary Comer	✓			
Peggy Harkness	✓			
Charles E. Litten	✓			
Tim Palmer	✓			
Scott Wymer				✓

*Mayor votes only in the event of a tie

Adopted in New Market, Virginia this 15TH day of JUNE, 2015.

APPROVED:


Douglas Bradley, Mayor

ATTEST:



Michael K. Ritchie, Town Manager/Town Clerk