

Resolution of the City of Hopewell, Virginia

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

WHEREAS, the City is dedicated to the process of planning and developing a built environment that encourages walking, biking, and other forms of recreation that can promote physical activity; and

WHEREAS, the City of Hopewell ranks 129 out of 133 in the County Health Ranking because of health outcomes and health factors; and

WHEREAS, 35% of the adult population of the City of Hopewell is obese; and

WHEREAS, 28% of the adult population of the City of Hopewell is physically inactive; and

WHEREAS, 19% of the population of the City of Hopewell is food insecure; 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 II 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

WHEREAS, the annual cost to Virginia—in medical bills, workers compensation and lost productivity—for overweight, obesity, and physical inactivity exceeds \$3 billion; 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, supporting the health of residents and the local workforce would decrease chronic disease and health care costs and increase productivity; and

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

Physical Activity, Active Transportation, and Land Use

NOW, THEREFORE, BE IT RESOLVED, BY THE City Council, that City of Hopewell 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;
- Expand community access to indoor and outdoor public facilities through joint use agreements with schools and/or other partners;
- 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;
- 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;
- Support plans for the development of a Complete Streets Policy Campaign.

Access to Affordable Nutritious Foods

NOW, THEREFORE, BE IT RESOLVED, BY THE City Council, that City of Hopewell 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:

- 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;
- Involve the Community in determining your city/towns' policy needs around accessible, affordable, nutritious foods using a community food assessment;
- Support Hopewell Farmer's Market, located in Downtown Hopewell, as a community place for fresh locally grown fruits and vegetables;
- Encourage SNAP/EBT to be accepted at the Hopewell Farmer's Market;
- Encourage food menu labeling at non-chained and small chained restaurants;
- 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.
- Provide mass transit opportunities to families without access to private transportation to the Hopewell Farmers Market.

Municipal Workplace Wellness

NOW, THEREFORE, BE IT RESOLVED, BY THE City Council, that in order to promote wellness within the City of Hopewell, and to set an example for other businesses, the City of Hopewell pledges to adopt and implement a workplace wellness policy that will:

- Establish physical activity breaks for meetings over two hours in length;
- Encourage walking meetings and the use of stairways;
- Establish a healthy vending policy that sets a nutrition standard for vending machines located in city owned or leased locations;
- Adopt 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.

Implementation

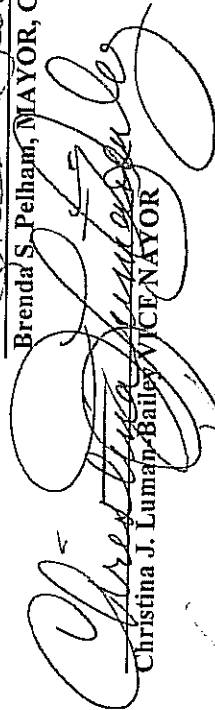
BE IT RESOLVED, that the Hopewell Health Coalition will work with the City of Hopewell and report back to the City Council annually regarding steps taken to implement the Resolution, additional steps planned, and any desired actions that would need to be taken by the Council.

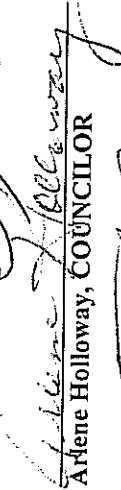
BE IT RESOLVED, that the City of Hopewell's Staff shall work with HEAL Cities & Towns Campaign Staff to explore HEAL policies and to identify those policies that are suitable for the City of Hopewell's unique local circumstances.

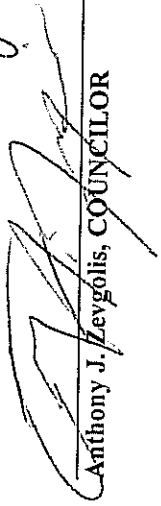
BE IT RESOLVED, that Aaron Reidmiller, Director of Recreation and Parks, will report back to this Council with recommendations not later than 90 days from the date of this Resolution.

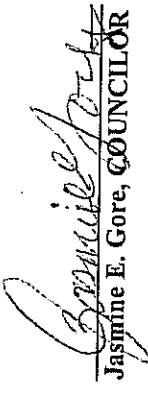
RESOLUTION PRESENTED THIS 8th DAY OF SEPTEMBER, 2015

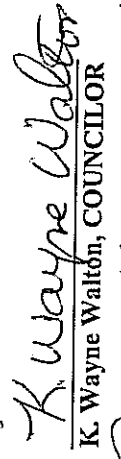

Brenda S. Pelham, MAYOR, CITY OF HOPEWELL


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