



VIRGINIA:

At the regular meeting of the Board of Supervisors held at the Charles City Government and School Board Administration Building thereof on Tuesday, November 24, 2015 at 7:30 p.m. on the 240th year of the Commonwealth and in the 381st year of the County; the Board unanimously voted to adopt the following resolution:

SETTING FORTH CHARLES CITY'S COMMITMENT TO OBESITY PREVENTION

Preamble

WHEREAS, the Charles City County 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, greater than 60 percent of Charles City 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 Charles City 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, 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; and

WHEREAS, Charles City has committed to decreasing the obesity rate by 2020, with the ultimate outcome of decreasing chronic disease in the community;

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

I. Economic and Community Development

BE IT FURTHER RESOLVED that Charles City County will make every effort to:

- Improve existing infrastructure and planning constructions that encourage walking, biking and other forms of physical activity
- Address walking and biking connectivity between existing communities, new residential neighborhoods, parks, recreational resources and business areas
- Maintain joint use agreements with schools to expand community access to indoor and outdoor areas for physical activity; such as the pool, gymnasium and track area
- Publicize hours of operation of facilities that will be open for use by individuals

- Provide funding in the five year Capital Improvement Plan for street, parks and recreation, athletics improvements and facilities which allow, support and encourage physical activity

II. Access to Affordable Nutritious Foods

BE IT FURTHER RESOLVED that Charles City government will promote access to healthy food by:

Community Food Access

- Exploring opportunities for a grocery store, community gardens, youth-focused gardens, and farmers markets to increase community access to healthy food, including fresh fruits and vegetables
- Encouraging SNAP/EBT and WIC food package vouchers to be allowed at Farmers Markets in the County
- Working with the Central Virginia Food Bank to support the operation of local Food Pantry Programs in the County

Government Run or Regulated Programs

- Supporting Charles City Public Schools as they increase access to healthy foods for all school children
- Supporting implementation of nutrition standards for foods and beverages available at schools, parks and recreation centers.
- Supporting the adoption of nutritional standards for public space vending machines and school cafeteria.
- Supporting the implementation of a back-pack feeding program to improve access to healthy food over the weekend for children who are food insecure.

III. Implementation

BE IT FURTHER RESOLVED that Charles City County establishes the Charles City Health Coalition to recommend ideas, solutions, and policies for improving the health of county citizens.

BE IT FURTHER RESOLVED that the Charles City Health Coalition members shall work together to implement various policies to improve the health of the county citizens.

BE IT FURTHER RESOLVED that Charles City Health Coalition members shall work with HEAL Cities & Towns Campaign Staff to explore HEAL policies and to identify those policies that are suitable for the Charles City's unique local circumstances.

BE IT FURTHER RESOLVED that the Health Coalition chair or designee will report back to this Board with an evaluation of the success of the implemented policies once a year during the month of December.

SEAL



Zach Trogdon
Clerk to the Board of Supervisors