

**TOWN OF COTTAGE CITY
RESOLUTION NUMBER 2014-3
COMMITMENT TO COMMUNITY WELLNESS AND OBESITY PREVENTION**

Preamble

WHEREAS, in January 2013, the Maryland 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 TOWN OF COTTAGE 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 Maryland'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 Maryland 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 Marylanders;

WHEREAS, the annual cost to Maryland—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; and

WHEREAS, The Town of Cottage City is a collaborative member of the Port Towns Community Health Partnership, a collaboration of community organizations, residents and funders all working together in pursuit of HEAL oriented ideals.

NOW, THEREFORE, LET IT BE RESOLVED that the Town of Cottage City Commission hereby recognized that obesity is a serious public health threat to the health and wellbeing of adults, children

and families in Cottage 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, the Town of Cottage City adopts this Healthy Eating Active Living resolution:

Physical Activity, Active Transportation, and Land Use

BE IT FURTHER RESOLVED that Town of Cottage City personnel responsible for the design and construction of parks, neighborhoods, streets, and business areas should make every effort to:

- Update Comprehensive Plan to:
 - Include provisions in your comprehensive plan that promote bikeability and walkability
 - Include strategies that promote public safety/crime prevention through environmental design
 - Prioritize Transit-Oriented and Mixed-Use Development
- Design Streets/Roads to be safe for all users (motorists, bicycles, pedestrians, handicapped) using the following strategies:
 - Adopt a Complete Streets Policy
 - Promote Slower Vehicular Traffic Through Traffic Calming Measures
 - Adopt a policy to paint bike lanes/shared use ("sharrows") when re-paving/painting roads
 - Adopt a policy to stripe crosswalks when re-paving/painting roads
- Increase access to facilities using the following strategies:
 - Establish Joint Use Agreements for existing facilities, such as: school playgrounds and pools
- Involve the Community in determining Cottage City's policy needs around physical activity, transportation, and land use using the following strategies:
 - Create an Active Living Community Policy Council tasked with identifying recommendations for the municipality to follow

Access to Affordable Nutritious Foods

BE IT FURTHER RESOLVED that the Town of Cottage City personnel responsible for the design and of parks, neighborhoods, streets, and business areas, should make every effort to:

- Develop/Promote Community Gardens, Urban Agriculture, and/or Urban Farming using the following strategies:
 - Develop a process by which vacant land becomes available for community gardens/urban agriculture
 - Adopt a Community Garden/Urban Agriculture Ordinance to promote and protect community gardens and urban agriculture

- Involve the Community in determining Cottage City's policy needs around accessible, affordable, nutritious foods using the following strategies:

- Create a Food Policy Council or Task Force tasked with identifying recommendations for the City/Town to follow
- Conduct a community food assessment
- Adopt a Food Charter
- Create a Community Food System Plan

Implementation

BE IT FURTHER RESOLVED that the head of each affected agency or department should report back to the Town of Cottage City Commission annually regarding steps taken to implement the Resolution, additional steps planned, and any desired actions that would need to be taken by the Council.

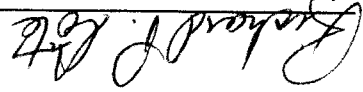
BE IT FURTHER RESOLVED that Town of Cottage City Staff shall work with HEAL Cities & Towns Campaign Staff to explore HEAL policies and to identify those policies that are suitable for the Cottage City's unique local circumstances.

BE IT FURTHER RESOLVED that Staff will report back to this Commission with recommendations not later than 60 days from the date of this Resolution.

Passed and enacted by the Cottage City Commission in the majority on

Date 4 June 2014

Richard P. Cote, Commission Chair



Tina Pryce, Clerk / Treasurer (Witness)

