

Resolution

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 Healthy Eating Active Living (HEAL) Cities & Towns Campaign; and

WHEREAS, high rates of costly chronic disease such as diabetes, heart disease, cancer, arthritis, stroke and hypertension among both children and adults are correlated to environments with few or no options for healthy eating and active living; 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, the Town of Ashland can 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, supporting the health of residents and the local workforce would decrease chronic disease and health care costs and increase productivity; and

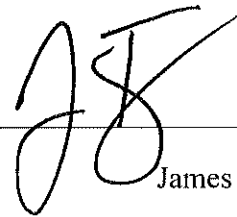
WHEREAS, the Town of Ashland has been dedicated to making a healthy lifestyle readily available to residents, businesses, and visitors of all ages by encouraging an active community, healthy foods, and workplace wellness;

NOW, THEREFORE, BE IT RESOLVED that the Ashland Town Council hereby commits to continue efforts to put a healthy lifestyle within reach of its residents, local businesses, visitors and employees through comprehensive planning, a built environment conducive to physical activity, and other initiatives to increase the availability of fresh fruits and vegetables, improve health awareness, and encourage exercise.

BE IT FURTHER RESOLVED that the Ashland Town Council and staff of the Town of Ashland will make every effort to do the following:

- Continue to maintain and improve infrastructure in Ashland that is safe for cyclists, pedestrians, and motorists.
- Promote eating healthy foods by doing the following:
 - Continue to promote and improve the Ashland Farmers Market
 - Continue to provide water and assistance, as needed, to maintain the Ashland Community Garden for Ashland residents.
- Promote active living by maintaining and expanding the Ashland park system:
 - Continue to offer swim lessons at Carter Park Pool for residents of all ages
 - Continue to partner with the Ashland Swim Team
 - Expand the trail system to provide residents with additional space to safely walk, run, and cycle
 - Ensure all children in Ashland have access to a playground.
- Set an example for the community by implementing a workplace wellness policy that:
 - Encourages healthy food options at meeting and training sessions
 - Ensures filtered water is readily available in municipally-owned buildings
 - Promotes the benefits of physical activity
 - Helps employees quit or abstain from tobacco or other addictive substances at their request
 - Encourages annual medical, dental, and optometric checkups as well as cancer and other screenings as recommended by medical professionals.

BE IT FURTHER RESOLVED that town staff will review relevant policies and this resolution, together with staff from the HEAL Cities & Towns campaign when possible, no less than annually to evaluate performance and consider other beneficial action that may be presented to the Council.



James Foley, Mayor