

GARDEN GROVE CITY COUNCIL

RESOLUTION NO.

A RESOLUTION OF THE CITY COUNCIL OF THE CITY OF GARDEN GROVE,  
DECLARES GARDEN GROVE A HEALTHY EATING ACTIVE LIVING (HEAL) CITY

WHEREAS, the League of California Cities adopted an Annual Conference resolution to encourage cities to embrace policies that facilitate activities to promote healthier lifestyles and communities, including healthy diet and nutrition, and adoption of city design and planning principles that enable citizens of all ages and abilities to undertake exercise;

WHEREAS, more than half of California's adults are overweight or obese and therefore at risk for many chronic conditions including diabetes, heart disease, cancer, arthritis, stroke, and hypertension;

WHEREAS, one in four youth between the ages of 9 and 16 in California is overweight;

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;

WHEREAS, the current generation of children are expected to have shorter lives than their parents due to the consequences of obesity;

WHEREAS, obesity takes a tremendous toll on the health, productivity of all Californians;

WHEREAS, cities and their residents face increased health care costs and diminished quality of life due to lack of exercise, poor diet choice, obesity and the resultant health-related effects of diabetes, cardiac disease, and other health problems; and

WHEREAS, the City of Garden Grove already embraces policies that facilitate activities to promote healthier lifestyles and communities and hopes to grow various programs/services offered by the Community Services Department, outdoor fitness equipment, park resources, open spaces, community building facilities, and a community garden. The City has a unique ability to positively affect the health of the Garden Grove community now and in the future.

NOW, THEREFORE, THE CITY COUNCIL OF THE CITY OF GARDEN GROVE  
DOES HEREBY RESOLVE AS FOLLOWS:

SECTION 1. The City of Garden Grove City Council hereby recognized that obesity is a serious public threat to the health and well-being of adults, children and families in Garden Grove. 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 Garden Grove supports participation in statewide, regional, and local programs that support and invest in our resident's health and wellness and embrace policies and programs that create comprehensive community wellness.

SECTION 2. The City of Garden Grove City Council hereby adopts this Healthy Eating Active Living Resolution and declares itself a Healthy Eating Active Living City.

- 1. Built Environments:** The City Departments responsible for the design and construction of parks, neighborhoods, streets, and business areas should make every effort to plan and construct a safe environment that encourages walking, biking, and other forms of physical activity:
  - Address walking and biking connectivity between residential neighborhoods and schools, parks, recreational resources, and retail;
  - Expand community access to indoor and outdoor public facilities through joint use agreements with schools and/or other partners;
  - Plan and construct a built environment that encourages walking, biking, and other forms of physical activity.
- 2. Employee Wellness:** In order to promote wellness within the city of Garden Grove, and to set an example for other businesses, the City of Garden Grove pledges to adopt and implement an employee wellness policy that will:
  - Set nutrition standards for vending machines located in City owned or leased locations;
  - Accommodate breastfeeding employees upon their return to work;
  - Encourage walking meetings and use of stairways.
- 3. Implementation:** The City Departments will continue to update the City Council regarding their efforts to implement the Resolution, including additional planned programs, construction projects, and forward planning initiatives.