

RESOLUTION NO. 11-05

A RESOLUTION OF THE CITY COUNCIL OF THE CITY OF
LANCASTER, CALIFORNIA, TO BECOME A HEALTHY
EATING, ACTIVE LIVING (HEAL) CITY.

WHEREAS, in 2004, 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; and

WHEREAS, the League of California Cities has a strategic goal to promote and develop safe and healthy cities; and

WHEREAS, studies show that 29.6% of Lancaster's students are overweight and 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, more than half of California's adults are either overweight or obese; and

WHEREAS, overweight children and adults are at greater risk for numerous adverse health consequences, including stroke, high blood pressure, high cholesterol, certain cancers, asthma, low self-esteem, depression, and other debilitating diseases; and

WHEREAS, obesity shortens the average lifespan by at least four to nine months, and if childhood obesity continues to increase, it could reduce life expectancy by five years over the next several decades; and

WHEREAS, overweight, obesity, and physical inactivity takes a tremendous toll on the health and productivity of all Californians – exceeding \$41 billion annually; and

WHEREAS, the United States Surgeon General has issued a call to action to prevent and decrease overweight and obesity, and the United States Department of Health and Human Services has made reducing the proportion of overweight and obese children and adolescents a key goal; and

WHEREAS, the Center for Disease Control and Prevention recommends at least 30 minutes of moderate physical activity at least five days a week for adults, and at least 60 minutes of moderate to vigorous physical activity for children every day; and

WHEREAS, the quality of the built environment, including neighborhood safety, sidewalks, streets, public transportation, restaurant and convenience store density, access to parks, trails, and grocery stores has a significant impact on obesity rates; and

WHEREAS, in light of the foregoing statistics and considerations, the City of Lancaster commits to do all it can to decrease the rate of obesity and overweight in its communities and is committed to implementing the necessary policies to create healthier work, school, and neighborhood environments conducive to healthier eating and increased physical activity among residents.

NOW THEREFORE, THE CITY COUNCIL OF THE CITY OF LANCASTER DOES HEREBY RESOLVE, DETERMINE AND FIND AS FOLLOWS;

Section 1. The City of Lancaster will become a Healthy Eating, Active Living (HEAL) City; and

Section 2. The City of Lancaster passed Resolution No. 10-25 supporting the Renew Environments for Nutrition, Exercise and Wellness (RENEW) Initiative with the intent to implement a Master Plan for Trails and Bikeways with RENEW Grant Funding; The Master Plan for Trails and Bikeways team sought community support through workshops to create walkable, bikeable neighborhoods, connect trails and provide abundant choices for a healthy, active lifestyle; and

Section 3. The City of Lancaster supports and encourages its employee wellness program which provides opportunities through a health fair and wellness classes for employees to learn healthier eating habits and engage in physical activities in support of a healthy lifestyle; and

Section 4. The City of Lancaster sponsored LanCoaster BLVD Bicycle Experiences, bike rides which are free and open to everyone in the community to encourage increased physical activity and gather input on the Master Plan for Trails and Bikeways; and

Section 5. The City of Lancaster through the Lancaster Redevelopment Agency and community partners supports healthy eating and active living through its sponsorship of Wellness Homes that offer nutrition and counseling classes and walking groups; Neighborhood Impact homes that provide academic tutoring and physical activities for children in the community; and Community Gardens that provide a site for growing healthy fruits and vegetables.

PASSED, APPROVED and ADOPTED this _____ day of _____, 2011,
by the following vote.

AYES:

NOES:

ABSTAIN:

ABSENT:

ATTEST:

APPROVED:

GERI K. BRYAN, CMC
City Clerk
City of Lancaster

R. REX PARRIS,
Mayor
City of Lancaster

STATE OF CALIFORNIA)
COUNTY OF LOS ANGELES) ss
CITY OF LANCASTER)

CERTIFICATION OF RESOLUTION
CITY COUNCIL

I, _____, _____ City of Lancaster,
CA, do hereby certify that this is a true and correct copy of the original Resolution No.
11-05, for which the original is on file in my office.

WITNESS MY HAND AND THE SEAL OF THE CITY OF LANCASTER, on this _____
day of _____, _____.

(seal)
