

HEAL Sample Resolution (Guadalupe)

Preamble

WHERE AS, over sixty percent of obese adults have type 2 diabetes, high blood cholesterol, high blood pressure, and/or other related conditions⁶; and

WHEREAS, one in four youth between the ages of 9 and 16 in California is overweight. 51 to 59% of the Hispanic/Latino student population (ages 10-14) in Guadalupe 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 disease²; and

WHEREAS, childhood obesity has more than doubled in children and quadrupled in adolescents in the past 30 years; in 2012, more than one-third of children and adolescents were overweight or obese^{7,8}; and

WHEREAS, children who are overweight are more likely to be obese as adults and adult obesity is associated with a variety of health problems^{5, 9, 12, 13}; and

WHEREAS, the current generation of children are expected to have shorter lives than their parents due to the consequences of obesity¹; and

WHEREAS, diabetes and obesity continue to disproportionately affect children as well as low income communities and communities of color^{10, 11, 12}; and

WHEREAS, teens and adults who consume one or more sodas or sugar sweetened beverages per day are more likely to be overweight or obese⁵; and

WHEREAS, drinking one or two sugar-sweetened beverages a day increases the risk of developing type 2 diabetes by 26 percent⁴; 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 living³; and

WHEREAS, the annual cost to California—in medical bills, workers compensation and lost productivity—for overweight, obesity, and physical inactivity exceeds \$41 billion¹⁴; and

WHEREAS, by supporting the health of residents and the local workforce would decrease chronic disease and health care costs and increase productivity¹⁴; and

The Health Element pinpoints measures of physical, mental, and social wellness in Guadalupe. The element addresses adequate access to healthy foods, medical services, public transit and safe active transportation, quality housing, recreation and open space, safe neighborhoods and public spaces, and environmental quality. A proportion of Guadalupe residents suffer from chronic diseases such as diabetes and asthma. 51 to 59% of 10-14 year old Hispanic/Latino students in Guadalupe also suffer from obesity. Vulnerable populations may include: low-income individuals and families, medically underserved populations, individuals with chronic conditions, minority groups, and the youth and elderly. Elderly health issues are a growing concern as the City's aging population is projected to rise. With a growing senior population, access to transportation, health care, and recreation will become increasingly important.

The purpose of the Health Element's goals, objectives, policies, and programs is to address the health issues and challenge the City. The City's health goals are influenced by all other elements in order to provide a comprehensive health plan.

Policy Goals

Goal #1: Facilitate the siting of new grocery stores, community gardens, mobile markets and farmer's markets in underserved communities to increase access to healthy food, including fresh fruits and vegetables.

Objective #1: Permit convenience stores to carry fresh produce in compliance with health department regulations along with placement of the healthy items.

Objective #2: Establish nodes of neighborhood-serving retail uses within walking distance (one-quarter mile) of all residences.

Objective #3: Amend zoning and other restrictions to permit urban agriculture.

Objective #4: Establish community gardens and food cooperatives.

Objective #5: Work with restaurants to create a healthier dining experience for customers by highlighting healthy dishes, offering smaller portion sizes, and disclosing nutrition facts.

Objective #6: Establish a farmer's market with fee-free incentives for local growers and food vendors to participate. 2

Goal #2: Ensure that every neighborhood has walking/biking access to a park or recreational area through adoption of open streets, play streets, or park policy.

Objective 1 : Establish connected open spaces and recreational activities for the population to encourage healthy and active lifestyles.

Objective #2: Expand parks and open space consistent with the Open Space Element.

Objective #3: Establish a walking/biking trail to the Dunes that includes workout stations along the way.

Establish connected bicycle network.

Objective #4: Provide pedestrian and bicycle amenities such as bicycle parking, streetscape improvements, and traffic calming measures

Objective #5 Establish innovative solutions such as a bicycle coalition or bicycle share program.

Objective #6 Foster bicycle safety through education programs targeting bicyclists and motorists and promotional events such

Goal #3: Establish and convene a Workplace Wellness Committee

Objective #1: All employees have 10-15 stretch break led by an employee

Objective #2: Mental Health classes or trainings provided to employees

Objective #3: Access to ergonomic desks

Objective #4: Fresh water provided to all employees in break room