



Agenda Item #: \_\_\_\_\_

# Staff Report

## City of Manhattan Beach

**TO:** Honorable Mayor Tell and Members of the City Council

**THROUGH:** David N. Carmany, City Manager

**FROM:** Richard Thompson, Community Development Director  
Sara A. Russo, Community Development Intern

**DATE:** November 15, 2011

**SUBJECT:** Consideration of a Resolution Supporting the Healthy Eating Active Living Campaign

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### **RECOMMENDATION:**

Staff recommends that the City Council support Resolution No. 6332 expressing its desire to become a Healthy Eating Active Living City.

### **FISCAL IMPLICATION:**

There are no fiscal implications associated with the recommended action.

### **BACKGROUND:**

The Healthy Eating Active Living Campaign is a partnership composed of the League of California Cities California Center for Public Health Advocacy and the Cities Counties and School's Partnership. The purpose of the Healthy Eating Active Living Campaign is to provide training publicity and technical assistance to city officials to adopt policies to improve their community's physical activity and food environments.

Manhattan Beach's partnership with Vitality City embraces many of the requirements of the Healthy Eating Active Living Campaign. The additional training publicity and technical assistance offered by Healthy Eating Active Living will complement the Vitality City plan for Manhattan Beach.

### **DISCUSSION:**

The League of California Cities adopted a resolution in 2004, which encouraged cities to embrace policies that promote workforce wellness and walkable cities through public policy. In response to the League of California Cities' resolution, the League and the California Center for Public Health Advocacy launched the Healthy Eating Active Living Cities Campaign.

The Healthy Eating Active Living Cities Campaign is funded by Kaiser Permanente, and provides training and technical assistance to help city officials adopt policies that improve their communities' physical activity and retail food environments for all residents. Supporting healthy

choices is essential to address the obesity epidemic among California's children and adults, currently costing the State more than \$41 billion annually in healthcare and lost productivity.

The City's current partnership with the Vitality City initiative embraces many of the requirements of the Healthy Eating Active Living Campaign and is endorsed by Vitality City. Like the Healthy Eating Active Living Campaign, the Vitality City initiative echoes that cities need to have an important role in preventing obesity and encouraging a healthier more active life style. Increasingly, policymakers, advocates, and health care providers are recognizing the influence of community factors on health, including local access to healthy foods, safe places to play and be active, opportunities for people to walk and bike within their neighborhoods.

Neighboring cities like Redondo Beach, Hermosa Beach, Torrance, Santa Monica, and Lawndale have also adopted Healthy Eating Active Living resolutions. City Council will be joining cities across California in the effort to support the Healthy Eating Active Living Campaign, augmenting an effort towards a healthier California. The City of Manhattan Beach would be committed to providing societal and environmental changes to support individual efforts to make healthier choices. There is no financial commitment associated with supporting this campaign.

Staff recommends that the City Council support Resolution No. 6332 which would allow Manhattan Beach to be recognized as a Healthy Eating Active Living City.

Attachment: Resolution No. 6332

cc: Andrea N. Giancoli, Spokesperson, American Dietetic Association

RESOLUTION NO. 6332

A RESOLUTION OF THE COUNCIL OF THE CITY OF  
MANHATTAN BEACH EXPRESSING ITS DESIRE  
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, 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 City Council of the City of Manhattan Beach through its partnership with Vitality City has adopted the concept of using "blue zone" principles to improve a community's health; and

WHEREAS, the Healthy Eating Active Living ("HEAL") campaign is a partnership composed of the League of California Cities, California Center for Public Health Advocacy, and the Cities, Counties and Schools Partnership with the purpose to provide training, publicity and technical assistance to city officials to adopt policies to improve their community's physical activity and food environment; and

WHEREAS, the City of Manhattan Beach through its partnership with Vitality City, park resources, trails, bike pathways, open spaces, community building facilities, and access to healthy foods, has the unique ability to positively affect the health of the Manhattan Beach community now and in the future.

NOW, THEREFORE, THE COUNCIL OF THE CITY OF MANHATTAN BEACH DOES HERBY RESOLVE AS FOLLOWS:

Section 1. The City hereby expresses its strong support for the Healthy Eating Active Living ("HEAL") campaign and understands that obesity is a serious public health threat to the health and well being of adults, children, and families in the City of Manhattan Beach. 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.

ATTACHMENT:  
RESOLUTION 6332  
CC MTG 11-15-11

Section 2. This resolution shall take effect immediately upon adoption.

Section 3. The City Clerk shall certify to the adoption of this resolution

PASSED, APPROVED AND ADOPTED this 15<sup>th</sup> day of November, 2011

Ayes:  
Noes:  
Absent:  
Abstain:

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Nicholas W. Tell, Mayor  
City of Manhattan Beach

Attest:

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Liza Tamura, City Clerk (SEAL)

Approved as to Form:

  
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Roxanne M. Diaz, City Attorney