

A RESOLUTION SETTING FORTH BEL AIR  
COMMITMENTS TO PUT HEALTH OPTIONS WITHIN REACH FOR ALL RESIDENTS

**WHEREAS**, the Town of Bel Air has the ability to 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**, 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 living; and

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

**WHEREAS**, obesity takes a tremendous toll on the health, productivity of all Marylanders; and

**WHEREAS**, the annual cost to Maryland in medical bills, workers compensation and lost productivity for overweight, obesity and physical inactivity exceeds \$3 billion; and

**WHEREAS**, supporting the health of residents and the local workforce would decrease chronic disease and health care costs and increase productivity.

**NOW, THEREFORE, BE IT RESOLVED** by the Bel Air Board of Town Commissioners that hereby recognize that obesity is a serious public health threat to the health and wellbeing of adults, children and families in Bel Air, and a commitment is needed to put healthy choices within reach of all residents. 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. This Healthy Eating Active Living resolution shall be officially received by the Bel Air Board of Town Commissioners.

**BE IT FURTHER RESOLVED** that Bel Air planners, engineers, community economic and redevelopment personnel responsible for the design and the construction of parks, neighborhoods, streets and business areas, should make every effort to:

- Prioritize capital improvement projects to increase the opportunities for physical activity;
- Plan and construct a built 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;
- Revise comprehensive plans and zoning ordinances to increase opportunities for physical activity wherever and whenever possible;
- Include healthy goals and policies related to physical activity in the Comprehensive Plan update;
- Build incentives for development project proposals to demonstrate favorable impact on resident and employee physical activity.

**BE IT FURTHER RESOLVED** that in order to promote wellness within Bel Air and to set an example for other businesses, Bel Air pledges to further enhance the existing workplace wellness policy that will:

- Encourage walking and use of stairways;
- Set nutrition standards for vending machines located in Town owned or leased locations;
- Set nutrition standards for food offered at Town sponsored meetings, served at Town facilities and Town concessions and Town programs;
- Promote water consumption in the workplace.

**BE IT FURTHER RESOLVED** that Bel Air planners, community economic personnel responsible for the design and of parks, neighborhoods, streets and business areas, should make every effort to:

- Facilitate the siting of community gardens and farmers markets in underserved communities to increase access to healthy food, including fresh fruits and vegetables;
- Revise comprehensive plans and zoning ordinances to increase opportunities for access to health foods wherever and whenever possible;
- Include health goals and policies related to access to healthy food in the Comprehensive Plan update;
- Build incentives for development project proposals to increase access to healthy foods by residents and employees.

**BE IT FURTHER RESOLVED** that Bel Air staff shall work with HEAL Cities & Towns Campaign Staff to explore HEAL policies and to identify those policies that are suitable for the Town's unique local circumstances.

**AND BE IT FURTHER RESOLVED** by the Board of Town Commissioners that this Resolution shall become effective upon the date of its passage.

**PASSED AND APPROVED:** November 4, 2013

AYES: Commissioners Burdette, Carey, Preston, Reier and Hopkins

NAYS: None

ABSENT: None

  
 Michael L. Krantz, Town Clerk

  
 Edward Hopkins, Chair  
 Board of Town Commissioners