

**RESOLUTION NO. R-18-1  
SETTING FORTH THE TOWN OF  
CHESAPEAKE BEACH'S COMMITMENT TO PROMOTE  
HEALTHY EATING AND ACTIVE LIVING**

**Preamble**

**WHEREAS**, in January 2013, the Maryland Municipal League entered into a memorandum of understanding with the Institute for Public Health Innovation to work collaboratively on the HEAL Cities & Towns Campaign; and

**WHEREAS**, high rates of costly chronic disease such as diabetes, heart disease, cancer, arthritis, stroke and hypertension among both children and adults are correlated to environments with few or no options for healthy eating and active living; 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 Town has the ability to affect the health of its residents and employees; and

**WHEREAS**, planning and creating an environment that encourages and provides access to healthy eating and active living can promote health; and

**WHEREAS**, supporting the health of residents and the local workforce through the adoption and implementation of healthy eating and active can reduce health care costs, improve health and quality of life and attract economic development;

**NOW, THEREFORE, LET IT BE RESOLVED** that the Chesapeake Beach Town Council hereby recognized that a commitment is needed to create environments that enable residents and government employees to make healthy choices safely, conveniently, and affordably. While individual lifestyle changes are necessary, individual effort alone is insufficient. Significant societal and environmental changes are needed to support individual efforts to make healthier choices. To that end, Chesapeake Beach adopts this Healthy Eating Active Living resolution:

**Physical Activity, Active Transportation, and Land Use**

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

- Update Comprehensive Plan to:
  - Include provisions in the comprehensive plan that promote bikeability and walkability, providing a platform whereas concepts such as Senior Playgrounds can take root in the community

- Include strategies that promote public safety/crime prevention through environmental design
- Prioritize Transit-Oriented and Mixed-Use Development
- Design Streets/Roads to be safe for all users (motorists, bicycles, pedestrians, handicapped) using the following strategies:
  - Promote Slower Vehicular Traffic Through Traffic Calming Measures
  - Adopt a policy to paint bike lanes/shared use (“sharrows”) when re-paving/painting roads
  - Adopt a policy to stripe crosswalks when re-paving/painting roads
- Increase access to facilities using the following strategy:
  - Establish Joint Use Agreements for existing facilities, such as: school playgrounds and fields
- Use Development Tools to:
  - Require developers to include usable space for physical activity and recreation or pay a fee
  - Institute a Complete Streets requirement for new development
- Involve the Community in determining your towns’ policy needs around physical activity, transportation, and land use using the following strategy:
  - Implement an Active Living Community Policy through the review of the Walkable Community Committee whereas the Committee is tasked with identifying recommendations for the municipality to follow

**Access to Affordable Nutritious Foods**

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

- Update Comprehensive Plan to:
  - Include provisions that address access to affordable, nutritious foods
- Promote Farmers’ Markets using the following strategy/strategies:
  - Establish a partnership with North Beach to further the reach of the Farmers Market
  - Establish methods of fresh exchanges in the community through programs such as the “Grow Free Rack”
  - Establish a drop off location for Community Agriculture Service drop offs within Town to promote the use of fresh vegetables
  - Establish or promote community nutrition and cooking classes in collaboration with local chefs, nutritionists, Calvert Health, community

centers, universities and others to help people learn how to make better food choices and create quick, healthy, and delicious meals at home

- Develop/Promote Community Gardens, Urban Agriculture, and/or Urban Farming using the following strategies):
  - Develop a process by which vacant land becomes available for community gardens/urban agriculture
  - Consider the designation of public land for community garden/urban agriculture use

### **Municipal Workplace Wellness**

**BE IT FURTHER RESOLVED** that in order to promote wellness within Chesapeake Beach, and to set an example for other businesses, Chesapeake Beach pledges to adopt and implement a workplace wellness policy that will:

- Make healthy foods available in the municipal workplace using the following strategies:
  - Adopt nutrition standards aligned with national nutrition standards in all municipally- or operated venues that serve food, including special events
  - Ensure that water is readily available in municipally owned buildings
- Encourage physical activity in the municipal workplace using the following strategies:
  - Establish physical activity breaks for meetings over two hours in length
  - Allow/encourage walking meetings
  - Allow/encourage staff to get up from their desks during the day to move rather than sitting idle at their workstations

### **Implementation**

**BE IT FURTHER RESOLVED** that the Town Administrator should report back to the Chesapeake Beach Town Council annually regarding steps taken to implement the Resolution, additional steps planned, and any desired actions that would need to be taken by the Council.

**BE IT FURTHER RESOLVED** that Chesapeake Beach Staff shall work with HEAL Cities & Towns Campaign Staff to explore HEAL policies and to identify those policies and practices that are suitable for the Chesapeake Beach.

**BE IT FURTHER RESOLVED** that Staff will report back to this Council with recommendations for implementation not later than **90** days from the date of this Resolution.


TOWN OF CHESAPEAKE BEACH

  
Patrick J. "Irish" Mahoney, Mayor

  
Valerie L. Beaudin, Councilwoman

  
Stewart B. Cumbo, Councilman

  
Derek J. Favret, Councilman

  
Lawrence P. Jaworski, Councilman

  
Gregory J. Morris, Councilman

  
Keith L. Pardieck, Councilman