

MAYOR AND TOWN COUNCIL OF COLMAR MANOR, MARYLAND

RESOLUTION NO. R – 3 - 2013

A RESOLUTION of the Mayor and Town Council of Colmar Manor, Maryland to identify policies that will help residents reduce obesity by establishing a community with healthy and active lifestyles.

WHEREAS, the Town of Colmar Manor 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, one in three youth in Maryland is overweight or obese; 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, obesity takes a tremendous toll on the health, productivity of all Marylanders;

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

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

WHEREAS, Colmar Manor is a part of the Port Towns Community Health Partnership, a Wellness Opportunity Zone, which is a collaboration of community residents, organizations and funders, all working together to support healthy living in the Port Towns;

NOW, THEREFORE, LET IT BE RESOLVED that the Town Council hereby recognized that obesity is a serious public health threat to the health and wellbeing of adults, children and families in Colmar Manor 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. Joining the HEAL Cities & Towns Campaign has the potential to improve local livability and have a positive impact on the community's health and well-being. To that end, Colmar Manor adopts this Healthy Eating Active Living resolution:

I. Built Environment

BE IT FURTHER RESOLVED that Colmar Manor planners, Town Council, community economic and redevelopment personnel responsible for the design and construction of parks, neighborhoods, streets, and business areas, should make every effort to:

- 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;
- Revise comprehensive plans and zoning ordinances to increase opportunities for physical activity wherever and whenever possible, including complete streets policies, compact, mixed-use and transit-oriented development;
- Examine racial, ethnic, and socio-economic disparities in access to healthy foods and physical activity facilities or resources and adopt strategies to remedy these inequities.

II. Workplace Wellness

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

- Provide 10 minutes of paid work time for physical activity breaks for full-time municipal employees;

III. Healthy Food Access

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

- Set nutrition standards for food offered at town events, town sponsored meetings, served at town facilities and town concessions, and town programs;
- Support zoning ordinances that permit and protect urban farms and community gardens;

IV. Implementation

BE IT FURTHER RESOLVED that the head of each affected agency or department should report back to the 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 Town council.

BE IT FURTHER RESOLVED that Colmar Manor Staff and local elected officials 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.

BE IT FURTHER RESOLVED the town Council will report back with recommendations not later than six months from the date of this Resolution.


This Resolution shall take effect on the date of its adoption.

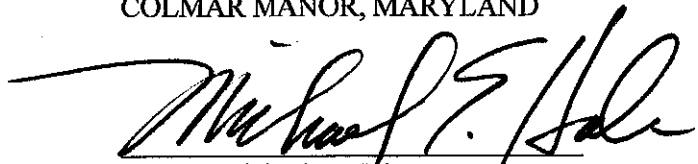
Introduced on the 13th of August 2013.

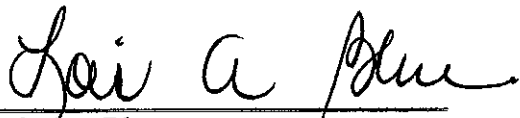
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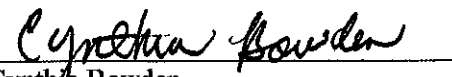
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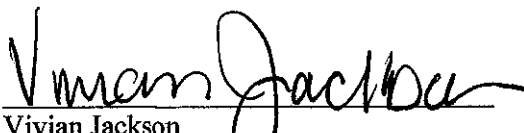
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COLMAR MANOR, MARYLAND

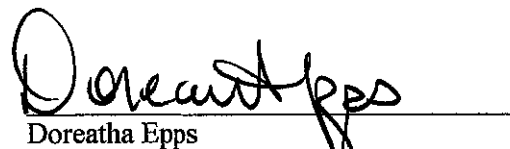

Daniel R. Baden
Clerk-Treasurer


Michael E. Hale
Mayor


Lois Ann Blue
Councilmember, Ward 1


Cynthia Bowden
Councilmember, Ward 2


Vivian Jackson
Councilmember, Ward 3


Doreatha Epps
Councilmember, Ward 4

I certify that the following motion was made at the meeting of the Mayor and Town Council of Colmar Manor held on August 13, 2013.

Motion: Councilmember Luskay moved that the Mayor and Town Council adopt Resolution No. R - 3 - 2013 concerning the identification of policies that will help residents reduce obesity by establishing a community with healthy and active lifestyles.

Second: Councilmember Blue.

Vote: 5-0

Clerk-Treasurer to the Mayor and Town Council of Colmar Manor



Daniel R. Baden John R. Barr