



# City of Fairfax, Virginia

## City Council Regular Meeting

Agenda Item # 7c

City Council Meeting 12/19/2017

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TO: Honorable Mayor and Members of City Council

FROM: Robert Sisson, City Manager *RS*

SUBJECT: Consideration of a resolution to participate in HEAL (Healthy Eating and Active Living) Cities Program.

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ISSUE(S): Whether to adopt a resolution to participate in the HEAL Cities Program through the Virginia Municipal League (VML).

SUMMARY: While attending the annual VML conference this fall several council members attended a session on a national program promoting healthy eating and living which in turn creates livable, prosperous communities where people want to live, work, raise a family and age. The session engaged our Council members into action and challenged them to incorporate the program into the City through participation in the HEAL (Healthy Eating and Active Living) Cities & Towns Campaign that operates in Maryland and Virginia.

The HEAL Cities & Towns Campaign encourages municipal leaders to adopt policies and practices that create healthy, prosperous communities by making it easier for residents and government employees in their towns and cities to eat healthier and move more. HEAL is a project of the Institute for Public Health Innovation in partnership with the VML and funded by Kaiser Permanente, founding partner.

Municipal leaders across the United States are now recognizing that healthy eating and active living policies and practices should be part of short and long-term planning and decision-making in order to: reduce healthcare costs, improve health and quality of life, and attract economic development.

The HEAL Cities & Towns Campaign provides free coaching and technical assistance to municipal leaders to adopt local policies and practices that promote access to healthy, affordable foods, convenient access to opportunities for physical activity and recreation, and workplace wellness for municipal employees.

One of the first actions required is to formally adopt a resolution articulating the commitment to creating a healthy community. Staff from several departments will then need to work together along with engagement from City Council and several Boards and Commissions to identify and prioritize goals for the City which will foster active living and healthy eating. In addition, an active public engagement program will need to be developed and communicated to our residents. The HEAL Cities & Town staff will provide technical assistance, trainings and marketing materials to assist with our program goals.

FISCAL IMPACT: None

RECOMMENDATION: Adopt the resolution

ALTERNATIVE  
COURSE OF ACTION: Do not participate in the program

RESPONSIBLE STAFF/  
POC: Cathy Salgado, Parks and Recreation

COORDINATION: City Manager's Office

ATTACHMENTS: HEAL Cities Resolution, Sample Motion

**RESOLUTION NO. R-17-\_\_\_**

**SETTING FORTH THE CITY OF FAIRFAX'S COMMITMENT TO PROMOTE  
HEALTHY EATING AND ACTIVE LIVING**

**WHEREAS**, in January 2013, the Virginia 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 City 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 living can reduce health care costs, improve health and quality of life and attract economic development;

**NOW, THEREFORE, BE IT RESOLVED** that the City of Fairfax, City 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, City of Fairfax adopts this Healthy Eating Active Living resolution to address and promote healthy choices through the

- Creation, adoption and promotion of Physical Activity, Active Transportation, and Land Use policies and programs,
- Promotion of Access to Affordable Nutritious Foods in our City,
- Development of a Municipal Workplace Wellness program

**BE IT FURTHER RESOLVED** that the City Manager or his designee should report back to the City 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. City 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 City's unique local circumstances.

**ADOPTED** this\_\_\_ day of December, 2017.

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Mayor

Attest:

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City Clerk

The vote on the motion to approve was recorded as follows:

**VOTE:**

Councilmember DeMarco  
Councilman Greenfield  
Councilmember Miller  
Councilmember Passey  
Councilmember Schmidt  
Councilmember Stehle

SAMPLE MOTION

**“I MOVE TO APPROVE A RESOLUTION SETTING FORTH THE CITY OF FAIRFAX’S COMMITMENT TO PROMOTE HEALTHY EATING AND ACTIVE LIVING.”**