

**THE CITY OF FREDERICK
MAYOR AND BOARD OF ALDERMEN**

RESOLUTION NO: 15-13

A RESOLUTION concerning

Obesity Prevention – Healthy Eating Active Living

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 Healthy Eating Active Living (HEAL) Cities and Towns Campaign; 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, the annual cost to Maryland—in medical bills, workers compensation and lost productivity— for overweight, obesity, and physical inactivity exceeds \$3 billion; and

WHEREAS, while individual lifestyle changes are necessary, individual effort alone is insufficient to combat obesity’s rising tide; and

WHEREAS, the City has the ability to affect the health of its residents; and

WHEREAS, societal and environmental changes also are needed to support individual efforts to make healthier choices; and

WHEREAS, planning and constructing a built environment that encourages walking, biking, and other forms of physical activity can promote health; and

WHEREAS, it is in the best interest of The City of Frederick to join the HEAL Cities and Towns Campaign.

NOW, THEREFORE, BE IT RESOLVED BY THE BOARD OF ALDERMEN OF THE CITY OF FREDERICK that the Healthy Eating Active Living Policy attached hereto and incorporated herein as Exhibit A is hereby adopted.

ADOPTED AND APPROVED THIS 18th DAY OF JUNE, 2015.

WITNESS:

Phyllis M. Ann

Randy M. Cl
Randy McClement, Mayor

APPROVED FOR LEGAL SUFFICIENCY:

Sandra A. Nichols
City Attorney

EXHIBIT A

HEALTHY EATING ACTIVE LIVING POLICY

The City of Frederick will make every effort to accomplish the objectives set forth in this policy.

I. Physical Activity, Active Transportation, and Land Use

Objectives:

- Update the City's Comprehensive Plan to:
 - include provisions that promote bikeability and walkability;
 - include strategies that promote public safety and crime prevention through environmental design; and
 - encourage transit-oriented and mixed-use development.
- Design streets/roads to be safe for all users (including motorists, bicycles, pedestrians, and disabled individuals) by:
 - adopting a Complete Streets Policy;
 - promoting slower vehicular traffic through traffic calming measures;
 - painting bike lanes/shared use ("sharrows") when re-paving/painting roads; and
 - striping crosswalks when re-paving/painting roads.
- Use development tools to:
 - continue to require developers to include usable space for physical activity and recreation or pay in lieu fees or other fees toward the City's recreation needs; and
 - institute a complete streets requirement for new development.

II. Access to Affordable, Nutritious Foods

Objectives:

- Update Sustainability Plan to:
 - break down barriers and include provisions that address access to affordable, nutritious foods for all citizens; and
 - examine racial, ethnic, and socio-economic disparities in access to healthy foods and adopt strategies to remedy these inequities.
- Create/promote farmers' markets by:
 - encouraging SNAP/EBT to be accepted at farmers' markets; and
 - establishing creative and adaptive use of spaces to allow for additional farmers markets.
- Continue to develop/promote community gardens, urban agriculture, and urban farming by, where available and appropriate, allowing residents to rent City-owned land for community garden space.

III. Municipal Workplace Wellness

Objectives:

- Encourage wellness awareness and physical activity in the municipal workplace by planning, developing, and implementing a comprehensive employee wellness program. The program should empower employees of all fitness levels to take control of their health, and should include training relating to physical fitness, stress management, psychological and mental health, nutrition and dietary issues, and alcohol and chemical dependency. The program may also include health-risk assessments, biometric screenings, behavior modification programs (such as tobacco cessation), weight management, exercise, and health education (such as classes or referrals to online sites for health advice). Finally, it may include changes in the work environment or the provision of benefits to encourage exercise and healthy food choices, such as free access to the City's fitness center, pools, and other recreational amenities.

- Encourage physical activity in the municipal workplace by:
 - establishing a stairwell initiative to improve employee health by posting point of decision prompts and motivational signs to encourage stairwell usage by employees; and
 - encouraging walking meetings in order to fit physical activity into the workday and improve the physical and mental well-being of our employees.

- Reduce barriers to breastfeeding in the municipal workplace by continuing to designate lactation space for breastfeeding mothers within each building owned by the City and used for government purposes.