R-63-2018 - A Resolution Setting Forth the City of Glenarden's Commitment To Healthy Eating, Active Living (HEAL)

1 2 3	Council of the City of Glenarden, Maryland 2018 Legislation		
4	Resolution No:	R-63-2018	
5		Deborah Eason, Council President	
6			
7		Regular Session	
8		March 12, 2018	
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11	A Resolution Setting Forth the City of Glenarden's Commitment To		
12	rieatiny	Eating, Active Living (HEAL)	
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14	WHEREAS, In January 2013	the Maryland Municipal I come autom 1	
15	WHEREAS, In January 2013, the Maryland Municipal League entered into a memorandum of understanding with the Institute for Public Health Innovation to work		
16	collaboratively on the Healthy Eating, Active Living ("HEAL") Cities & Towns Campaign; and		
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18	WHEREAS, the City of Glenarden has the ability to affect the health of its residents and		
19	its work force; and		
20 21	WITEDEAC		
22	WHEREAS, high rates of costly chronic disease among both children and adults have been correlated to environments with few or no options for healthy eating and active living; and		
23	seen conclated to environments with	few or no options for healthy eating and active living; and	
24	WHEREAS, some statistical e	avidance cumporte the area ' 1	
25	WHEREAS, some statistical evidence supports the premise that more than half of Maryland's adults are overweight or obese and therefore at risk for many chronic conditions including diabetes, heart discount of the conditions.		
26	including diabetes, heart disease, arthritis, stroke, and hypertension; and		
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28	WHEREAS, more children are	e being diagnosed with disease previously seen in adults	
29	such as Type 2 diabetes and heart disease; and		
30 31	WW/HHERIDAR A CO		
32	WHEREAS, nutrition education	on can help encourage healthier food choices; and	
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34	WHEREAS, a sedentary lifestyle and poor eating habits can take a significant toll on the health and productivity of all Marylanders; and		
35	productivity of all wai yland	ers, and	
36 37	WHEREAS, the annual cost to Maryland in medical bills, workers compensation, and oss of productivity due to being overweight, or reduced physical activity is estimated at over \$3 billion; and		
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40	WHEREAS, supporting the har	alth of regidents and the second second	
41	WHEREAS, supporting the health of residents and the workforce could improve roductivity, increase energy levels, decrease chronic diseases and health care cost.		

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NOW, THEREFORE, LET IT BE RESOLVED that the Glenarden City Council hereby recognizes that obesity, poor eating habits, and inactivity can be threats so the health and wellbeing of adults, children and families in the City of Glenarden. As a result, we are committed to helping the community make healthier food choices and necessary lifestyle changes. Additionally, there are significant societal and environmental changes that can support individual efforts, and to that end, the City of Glenarden adopts this Healthy Eating Active Living ("HEAL") resolution.

Access to Affordable Nutritious Food

BE IT FURTHER RESOLVED that the City of Glenarden and staff responsible for planning and outreach, should make every effort to:

Promote low cost fresh foods and support Supplemental Nutrition Assistance Program
("SNAP"), Electronic Benefit Transfer ("EBT") & Women, Infants and Children
Nutrition Services ("WIC") at the Farmers Market; and

 Develop policies and partnerships to encourage community garden, food forest opportunities and healthy food choices through access and education.

Municipal Workplace Wellness

BE IT FURTHER RESOLVED that the City of Glenarden will set an example for other businesses, and municipalities by pledging to adopt and implement workplace policies that:

Encourage health and wellness by promoting exercise, education, balance, and healthy food choices.

Implementation

BE IT FURTHER RESOLVED that the Council Clerk shall report back to the City of Glenarden Council annually regarding steps taken to implement the Resolution, additional steps planned, and any desired actions that would need to be taken by Council.

 BE IT FUTHER RESOLVED that the City of Glenarden Council Clerk shall work with HEAL Cities & Town Campaign Staff to explore HEAL policies and to identify best practices that are suitable for the City of Glenarden's unique local circumstances.

BE IT FURTHER RESOLVED that the Staff shall report back to this Council with recommendations not later than 180 days from the date of this resolution.

INTRODUCED and passed by the City Council of the City of Glenarden at a Regular Meeting on **March 12, 2018**, at which meeting copies were available to the public for inspection. Date Approved:

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