

**RESOLUTION NO. R-14-42 SETTING FORTH CITY OF HAGERSTOWN'S
COMMITMENT TO OBESITY PREVENTION**

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 for the Mid-Atlantic; and

WHEREAS, the City/Town 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, teens and adults who consume one or more sodas or sugar sweetened beverages per day are more likely to be overweight or obese;

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

WHEREAS, The Parks and Recreation Division is taking integral steps in the development of a more active, physically fit, and healthier community, and would like to recognize the following programs in parts A, B, and C below;

NOW, THEREFORE, LET IT BE RESOLVED that the City of Hagerstown Mayor & Council hereby recognized that obesity is a serious public health threat to the health and wellbeing of adults, children and families in the City of Hagerstown 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. To that end, the City of Hagerstown adopts this Healthy Eating Active Living resolution:

A. Physical Activity, Active Transportation, and Land Use

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

- Design Streets/Roads to be safe for all users (motorists, bicycles, pedestrians, handicapped) by adopting a **Complete Streets policy** that serves not only motorists but also those walking, bicycling, and taking transit,
- Continue to improve the community for bicycling and work toward a higher level of certification as a Bicycle Friendly Community by the League of American Bicyclists,
- Increase access to facilities by utilizing our thirteen 'User Agreements' on existing facilities to maximize use of the facilities,
- Use the City's Land Management Code that there should be connectivity of the street network within a new development and surrounding area, open space requirement for new residential subdivisions, and a requirement for an amenities plan for new multi-family residential development within our mixed-use districts,
- Create partnerships with the Health Department and local HEAL of Washington County that will serve to help identify recommendations for the City to follow,
- Engage the public while developing the Community's City Center Plan and the design of the Arts & Entertainment Trail. The City's MindMixer feature, engageHagerstown, posts queries on various topics to spark community engagement,
- Develop and increase the number of recreation programs that we offer throughout the course of each calendar year that serve to encourage fitness and well-being.

B. Access to Affordable Nutritious Foods

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

- **Develop and sustain a Community Garden** in the City Center,
- Expand the Farmers' Markets per the Urban Partners plan. The Community's City Center Plan outlines a strategy to expand the hours of operation of the City Farmer's Market and to transfer the market to private management. The goal is to make the market more of a destination for grocery shopping for downtown residents and as a venue for acquiring locally grown products for the restaurants.

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C. Municipal Workplace Wellness

BE IT FURTHER RESOLVED that in order to promote wellness within the City of Hagerstown, and to set an example for other businesses, City of Hagerstown pledges to implement a **workplace wellness policy** that will:

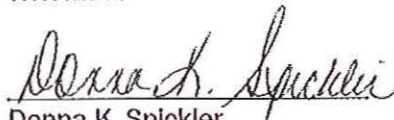
- Promote healthier lifestyle choices to lower health risk factors, improve well-being, and maintain a productive, active work force.

Implementation

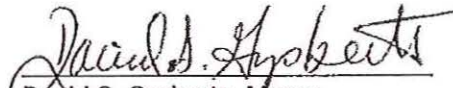
BE IT FURTHER RESOLVED that the Recreation Coordinator will report back to the City of Hagerstown Mayor & Council annually regarding steps taken to implement the Resolution, additional steps planned, and any desired actions that would need to be taken by the Council.

BE IT FURTHER RESOLVED that the City of Hagerstown Staff shall work with HEAL Cities & Towns Campaign for the Mid-Atlantic Staff to explore HEAL policies and to identify those policies that are suitable for the City of Hagerstown's unique local circumstances.

WITNESS:


Donna K. Spickler
City Clerk

MAYOR AND CITY COUNCIL OF THE
CITY OF HAGERSTOWN, MARYLAND


David S. Gysberts, Mayor

DATE OF INTRODUCTION: 11/25/2014
DATE OF PASSAGE: 11/25/2014
EFFECTIVE DATE: 11/25/2014

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