

**RESOLUTION NO. 15-14**

**A RESOLUTION TO ESTABLISH A HEALTHY LIVING PROGRAM IN THE CITY OF LAUREL**

*Sponsored by the City Council President Edward Ricks, and Councilmembers Frederick Smalls, Donna Crary, Valerie M.A. Nicholas, and Michael Leszcz.*

**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; and

**WHEREAS**, the City of Laurel has the ability to influence 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**, 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 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 obesity takes a tremendous toll on the health, productivity of all Marylanders and

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

**NOW, THEREFORE, BE IT RESOLVED** that the City of Laurel hereby recognizes that obesity is a serious public health threat to the health and well-being of adults, children and families in Laurel, Maryland 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 Laurel, Maryland adopts this Healthy Eating Active Living resolution; and

**BE IT FURTHER RESOLVED** that the City of Laurel, Maryland planners, parks and recreation department, community economic and redevelopment personnel responsible for the design and construction of parks, neighborhoods, streets, and business areas shall make every effort to:

- Update Comprehensive Plan to:
  - Support provisions in Laurel’s comprehensive plan that promote bike ability and walk ability
  - Support strategies that promote public safety/crime prevention through environmental design
  - Support Transit-Oriented and Mixed-Use Development
- Design Streets/Roads to be safe for all users (motorists, bicycles, pedestrians, handicapped) using the following strategy(ies):
  - Consistently apply the Street and Roads Ordinance to new and in-fill development
  - Promote Slower Vehicular Traffic Through Traffic Calming Measures
  - Support a policy to paint bike lanes/shared use (“sharrows”) when re-paving/painting roads
  - Support a policy to stripe crosswalks when re-paving/painting roads

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

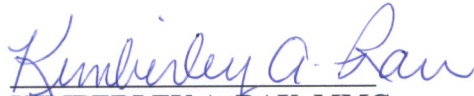
- Attract/Promote Healthy Food Retail – Corner/Grocery Stores using the following strategy (ies):
  - Expedite permitting for new stores that offer healthy foods
- Attract/Promote Healthy Food Retail – Restaurants using the following strategy (ies):
  - Encourage menu labeling with nutrition facts
- Promote Laurel Farmers’ Markets
- Develop/Promote Community Gardens

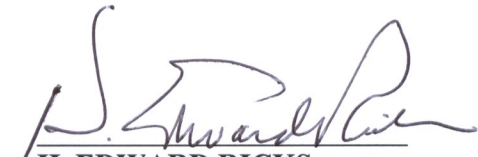
**BE IT FURTHER RESOLVED** that in order to promote wellness within the City of Laurel, the City of Laurel plans to implement workplace wellness opportunities that will:

- Make healthy foods available in the municipal workplace using the following strategy(ies):
  - Ensure that water is available in municipally owned buildings
- Encourage physical activity in the municipal workplace using the following strategy(ies):
  - Encourage stairwell usage
  - Allow/encourage walking and physical activity during the workday

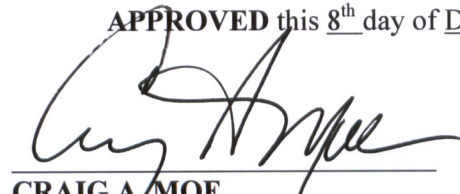
**BE IT FURTHER RESOLVED**, that this Resolution shall take effect from the date of its passage.

**PASSED** this 8<sup>th</sup> day of December, 2014.

  
**KIMBERLEY A. RAU, MMC**  
Clerk to the Council

  
**H. EDWARD RICKS**  
President of the City Council

**APPROVED** this 8<sup>th</sup> day of December, 2014.

  
**CRAIG A. MOE**  
Mayor