

**RESOLUTION
SETTING FORTH LEXINGTON CITY'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 of Lexington 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 can reduce health care costs, improve health and quality of life and attract economic development;

NOW, THEREFORE, LET IT BE RESOLVED that the Lexington City Council hereby recognizes 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, the City of Lexington adopts this Healthy Eating Active Living resolution:

General Wellness

BE IT FURTHER RESOLVED that, whenever possible, City staff should partner with community agencies to achieve common goals by:

- Collaborating with community organizations to determine regional goals around mental, physical and nutritional wellness using the following strategy:
 - Designate a City representative to attend regular meetings of Live Healthy Rockbridge, a community coalition working together to improve the health and quality of life of all people living in the Rockbridge community

Physical Activity, Active Transportation, and Land Use

BE IT FURTHER RESOLVED that Lexington personnel responsible for the design and construction of parks, neighborhoods, streets, and business areas should make every effort to:

- Promote bikeability and walkability, using the following strategy:
 - Update the Comprehensive Plan to include provisions that promote bikeability and walkability

Access to Affordable Nutritious Foods

BE IT FURTHER RESOLVED that Lexington personnel should make every effort to:

- Develop/promote a community garden, using the following strategies:
 - Designate and develop public land for community garden use
 - Provide public resources for community garden (i.e. city pays for water)
- Promote emergency food assistance availability, using the following strategy:
 - Educate City personnel, especially emergency responders, about sources of emergency food assistance so they can better support community members facing food insecurity

Municipal Workplace Wellness

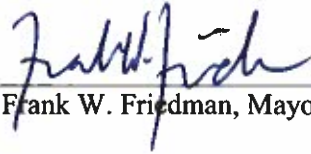
BE IT FURTHER RESOLVED that in order to promote wellness within the City of Lexington, and to set an example for other businesses, the City of Lexington pledges to adopt and implement a workplace wellness policy that will:

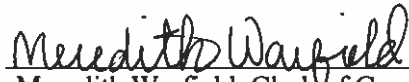
- Involve the municipal staff in determining Lexington's policy needs around municipal workplace wellness using the following strategy:
 - Convene a Workplace Wellness Committee that will meet quarterly to plan activities and brainstorm ways to promote healthy eating and active living for City of Lexington employees

Implementation

BE IT FURTHER RESOLVED that the head of each affected agency or department should report back to the Lexington 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.

BE IT FURTHER RESOLVED that Lexington 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 Lexington's unique local circumstances.

Adopted: 
Frank W. Friedman, Mayor

Attest: 
Meredith Warfield, Clerk of Council

