

# Town of Lovettsville

## RESOLUTION 2013-08-001: SETTING FORTH LOVETTSVILLE'S COMMITMENT TO PROMOTING A HEALTHY COMMUNITY

**MOTION:** Senate

**SECOND:** Carder

**WHEREAS**, the Town of Lovettsville has the ability to affect the health of its residents through planning, public facilities, and promoting a healthy community; 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 Virginia'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 Virginia is overweight or obese; 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 annual cost to Virginia—in medical bills, workers compensation and lost productivity— for overweight, obesity, and physical inactivity exceeds \$3 billion;

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

**NOW, THEREFORE, LET IT BE RESOLVED** that the Lovettsville Town Council hereby recognized that the Town has a role in promoting and encouraging opportunity for physical activity and access to affordable, healthy foods so that residents can continue to enjoy a high quality of life and healthy, active, and productive lives. To that end, [name of city/town] adopts this Healthy Eating Active Living resolution:

### **I. Built Environment**

**BE IT FURTHER RESOLVED** that the Town of Lovettsville should make every effort to:

1. Prioritize capital improvements projects to increase the opportunities for physical activity;
2. Plan and construct a built environment that encourages walking, biking and other forms of physical activity;
3. Continue addressing walking and biking connectivity between residential neighborhoods and schools, parks, recreational resources, and retail;
4. Continue to expand community access to indoor and outdoor public facilities through joint use agreements with the Elementary School, Community Center and other partners;
5. Include healthy goals and policies related to physical activity in the Comprehensive plan update and specific area plans;
6. Revise Comprehensive Plan and zoning ordinances to increase opportunities for physical activity wherever comprehensive and whenever possible, including complete streets policies, and compact, mixed-use and development;

*The German Settlement*

## II. Workplace Wellness

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

1. Establish physical activity breaks for meetings over one hour in length where practical;
2. Accommodate breastfeeding employees upon their return to work;
3. Continue to promote water consumption in the workplace and at meetings.

## III. Healthy Food Access

**BE IT FURTHER RESOLVED** that the Town of Lovettsville should make every effort to:

1. Facilitate the siting of and encourage a Farmers' market to increase access to affordable, healthy food including fresh fruits and vegetables by providing direct access for growers to sell to the community;
2. Provide public-owned land to create a community garden;
3. Encourage community groups to cultivate certain plots for community benefit by providing a determined area at no- or low-cost;

## IV. Implementation

**BE IT FURTHER RESOLVED** that each calendar year, the Mayor and Town Council shall review progress on steps taken to implement the Resolution as part of the Town Annual Report

**BE IT FURTHER RESOLVED** that Lovettsville Staff shall work with HEAL Cities & Towns Campaign Staff to explore HEAL policies and to identify those policies that are suitable for the Town's unique local circumstances.

**BE IT FURTHER RESOLVED** Staff will report back to this Council with recommendations not later than six months from the date of this Resolution's adoption.

### VOTE:

**Ayes: Allar, Burden, Carder, Gray, McIntyre, and Senate**

**Nays: None**

**Abstentions: None**

**Absent for Vote: None**

**APPROVED: August 8, 2013**

  
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**Robert Zoldos II, Mayor**

### CERTIFIED:

  
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**Harriet West, Town Clerk**