

**RESOLUTION SETTING FORTH MIDDLEBURG'S
COMMITMENT TO PROMOTE HEALTHY EATING AND LIVING OPTIONS FOR
ALL RESIDENTS**

WHEREAS, the Town of Middleburg has the ability to affect the health of its residents; and

WHEREAS, planning and constructing an 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 and one in three of its youth are overweight or obese and therefore at risk for many chronic conditions including diabetes, heart disease, cancer, arthritis, stroke, and, hypertension; 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 town residents and the local workforce would decrease chronic disease and health care costs and increase productivity;

NOW, THEREFORE, BE RESOLVED that the Mayor and Members of the Town Council of Middleburg hereby adopts this Healthy Eating Active Living resolution in recognition that the Town should take action to help put healthy choices within reach of all residents, as follows:

I. Built Environment

Middleburg staff, Commissions and Committees should make every effort to:

- Plan an environment that encourages walking, biking and other forms of physical activity;
- Address walking and biking connectivity between residential neighborhoods and schools, parks, recreational resources, and retail;
- Revise the comprehensive plan and zoning ordinance to increase opportunities for physical activity wherever and whenever possible, including complete streets policies and mixed-use development;
- Include health goals and policies related to physical activity in the comprehensive plan;
- Expand community access to indoor and outdoor public facilities through joint use agreements with schools and/or other partners;
- Examine possible racial, ethnic, and socio-economic disparities in access to healthy foods and physical activity facilities and adopt strategies to allow everyone access to healthy foods and physical activity facilities.

II. Workplace & Community Wellness

In order to promote wellness within Middleburg and to set an example for others, the Town pledges to adopt and implement a workplace & community wellness policy that will:

- Promote high nutrition standards for food offered at Town events, Town-sponsored meetings, and Town programs;
- Support and encourage community participation in the Middleburg Farmer's Market;
- Encourage and support farm-to-table programs and events by local restaurants;
- Promote water consumption in the workplace and at meetings;
- Encourage walking by Town staff wherever possible; and
- Provide breaks for long meetings.

III. Healthy Food Access

BE IT FURTHER RESOLVED that the Town planning staff, Commission and Committee members involved in the design of parks, neighborhoods, streets, and business areas should make every effort to:

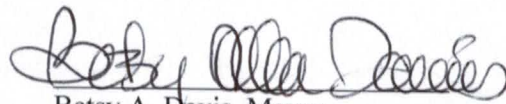
- Include goals and policies related to access to healthy food in the comprehensive plan;
- Build incentives for development proposals to increase access to healthy foods by residents and employees; and
- Examine possible racial, ethnic, and socio-economic disparities in access to healthy foods and adopt strategies to allow everyone access to healthy foods.

IV. Implementation

BE IT FURTHER RESOLVED that the Town staff should report back to the Town 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; and

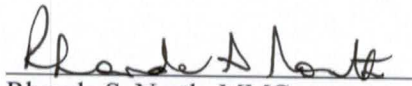
BE IT FURTHER RESOLVED that Town Staff are directed to work with HEAL Cities & Towns Campaign Staff to explore HEAL policies and to identify those policies that are suitable for the Town's unique local circumstances and report back to this Council with its recommendations.

APPROVED:



Betsy A. Davis, Mayor

ATTEST:



Rhonda S. North, MMC
Town Clerk