

**TOWN COUNCIL OF MOUNT AIRY
RESOLUTION NO. 2017-7**

**SETTING FORTH TOWN OF MOUNT AIRY'S COMMITMENT TO
PROMOTE HEALTHY EATING AND ACTIVE LIVING**

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; 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 Town 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 living can reduce health care costs, improve health and quality of life and attract economic development;

NOW, THEREFORE, LET IT BE RESOLVED that the Town 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 Town of Mount Airy adopts this Healthy Eating Active Living resolution:

Physical Activity, Active Transportation, and Land Use

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

- Update the Comprehensive Plan to:
 - Include provisions that promote bikeability and walkability
 - Include strategies that promote public safety/crime prevention through environmental design
 - Promote sustainable practices and environmental stewardship
- Design Streets/Roads to be safe for all users (motorists, bicycles, pedestrians, handicapped) using the following strategy(ies):
 - Promote Complete Streets design
 - Promote Slower Vehicular Traffic Through Traffic Calming Measures
 - Adopt a policy to paint bike lanes/shared use (“sharrows”) when re-paving/painting roads wherever practical
 - Adopt a policy to stripe crosswalks when re-paving/painting roads
- Use Development Tools to:
 - Integrate usable space for physical activity and recreation in development
 - Institute a Complete Streets requirement for new development
 - Maintain the integrity of waterways and air quality
- Involve the Community in determining your city/towns’ policy needs around physical activity, transportation, and land use using the following strategy(ies):
 - Create an Active Living Community Policy Council tasked with identifying recommendations for the municipality to follow

Access to Affordable Nutritious Foods

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

- Update the Comprehensive Plan to:
 - Include provisions that address access to affordable, nutritious foods
- Create/Promote Farmers’ Markets using the following strategy/strategies:
 - Establish a Memorandum of Understanding or Joint Use Agreement formalizing use of land for Farmers’ Markets
 - Encourage SNAP/EBT to be accepted at Farmers’ Market

- Develop a budget to match SNAP funds redeemed at Farmers' Market
- Develop/Promote Community Gardens, Urban Agriculture, and/or Urban Farming using the following strategy (ies):
 - Designate public land for community garden/urban agricultural use
 - Provide public resources for community garden (i.e. the Town pays for water)
 - Explore a Community Garden/Urban Agriculture Ordinance to promote and protect community gardens and urban agriculture
 - Adopt zoning ordinances that allow backyard poultry/animal husbandry
- Involve the Community in determining the Town's policy needs around accessible, affordable, nutritious foods using the following strategy/ies:
 - Create a Food Policy Council or Task Force tasked with identifying recommendations for the City/Town to follow
 - Conduct a community food assessment
 - Create a Community Food System Plan

Municipal Workplace Wellness

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

- Make healthy foods available in the municipal workplace using the following strategy(ies):
 - Adopt nutrition standards aligned with national nutrition standards in all municipally- or county-owned or operated venues that serve food, including special events
 - Ensure that water is readily available in municipally owned buildings
- Encourage physical activity in the municipal workplace using the following strategy(ies):
 - Encourage stairwell usage through an open, unlocked stairwell policy
 - Establish physical activity breaks for meetings over two hours in length
 - Establish wellness breaks for physical activity during the workday in addition to standard lunch breaks
- Involve the municipal staff in determining the Town's policy needs around municipal workplace wellness using the following strategy/ies:
 - Convene a Workplace Wellness Committee

Implementation

BE IT FURTHER RESOLVED that the head of each affected agency or department 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.

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

BE IT FURTHER RESOLVED that Staff will report back to this Council with recommendations for implementation not later than 180 days from the date of this Resolution.

ADOPTED:

This 4th day of Dec., 2017 by a vote of 3 in favor and 0 opposed.

ATTEST:



Jason M. Poirier, Secretary



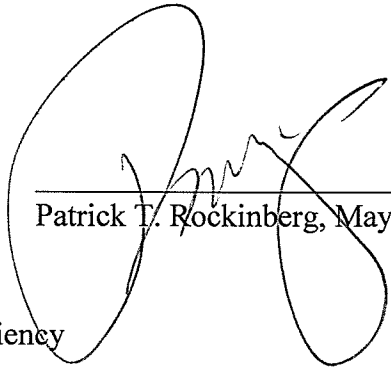
Peter R. Helt, Council President

Approved this 4th day of Dec., 2017.

ATTEST:




Jason M. Poirier, Secretary



Patrick T. Rockinberg, Mayor

Reviewed and Approved as to legal sufficiency

This 4th day of Dec., 2017.



Thomas V. McCarron, Town Attorney