



August 20, 2014

## **FOR THE PURPOSE OF SETTING FORTH THE CITY OF NEW CARROLLTON'S COMMITMENT TO HEAL CITIES AND TOWNS**

**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 New Carrollton has the ability to affect 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**, 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 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

**WHEREAS**, 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

**WHEREAS**, the current generation of children are expected to have shorter lives than their parents due to the consequences of obesity; and

**WHEREAS**, obesity takes a tremendous toll on the health, productivity of all Marylanders;

**WHEREAS**, the annual cost to Maryland—in medical bills, workers compensation and lost productivity—for overweight, obesity, and physical inactivity exceeds \$3 billion;

**WHEREAS**, teens and adults who consume one or more sodas or sugar sweetened beverages per day are more likely to be overweight or obese;

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

**NOW, THEREFORE, BE IT HEREBY RESOLVED** by the City Council of New Carrollton that the City of New Carrollton hereby recognizes that obesity is a public health threat to the health and wellbeing of adults, children and families in New Carrollton 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 New Carrollton adopts this Healthy Eating Active Living resolution:

### **Physical Activity, Active Transportation, and Land Use**

**BE IT FURTHER RESOLVED** by the City Council of New Carrollton that the City of New Carrollton should make every effort to:

- Design Streets/Roads to be safe for all users (motorists, bicycles, pedestrians, handicapped) using the following strategies:
  - Promote Slower Vehicular Traffic Through Traffic Calming Measures
  - Adopt a policy to stripe crosswalks when re-paving/painting roads
- Increase access to facilities using the following strategy:
  - Establish Joint Use Agreements for existing facilities, such as: school playgrounds and pools
- Involve the Community in determining policy needs around physical activity, transportation, and land use

### **Access to Affordable Nutritious Foods**

**BE IT FURTHER RESOLVED** by the City Council of New Carrollton that the City of New Carrollton should make every effort to:

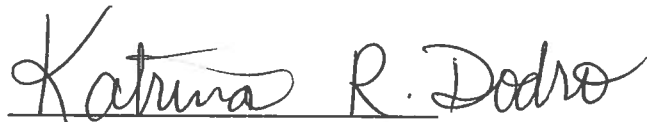
- Attract/Promote Healthy Food Retail – Restaurants using the following strategy:
  - Encourage menu labeling with nutrition facts
- Create/Promote Farmers' Markets using the following strategies:
  - Establish a Memorandum of Understanding or Joint Use Agreement formalizing use of land for Farmers' Market
  - Encourage SNAP/EBT to be accepted at farmers market
- Develop/Promote Community Gardens, Urban Agriculture, and/or Urban Farming using the following strategy:
  - Develop a process by which vacant land becomes available for community gardens/urban agriculture
- Involve the Community in determining policy needs around accessible, affordable, nutritious foods using the following strategy:
  - Conduct a community food assessment

## Municipal Workplace Wellness

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

- Make healthy foods available in the municipal workplace using the following strategies:
  - Ensure that water is readily available in municipally owned buildings
  - Establish a healthy vending policy
  
- Encourage physical activity in the municipal workplace using the following strategies:
  - Establish physical activity breaks for meetings over two hours in length
  - Allow/encourage walking meetings
  
- Reduce barriers to breastfeeding in the municipal workplace using the following strategy:
  - Designate lactation space within each municipally owned/operated building for breastfeeding mothers
  
- Involve the municipal staff in determining policy needs around municipal workplace wellness using the following strategy:
  - Convene a Workplace Wellness Committees

**ADOPTED AND ENACTED BY THE CITY COUNCIL OF THE CITY OF NEW CARROLLTON, MARYLAND THIS 20TH DAY OF AUGUST, 2014.**



Katrina R. Dodro  
Chair  
City Council

**ATTEST:**



Graham Waters  
City Administrative Officer

**APPROVED:**



Andrew C. Hanko  
Mayor