

**A RESOLUTION SETTING FOR THE CITY OF
PETERSBURG'S COMMITMENT TO OBESITY
PREVENTION.**

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, the City 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 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, 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 and productivity of all Virginians; and

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

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

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

WHEREAS, City Administration supports the efforts of the Quality Circle Program to educate the workforce and community through Health/Nutrition Sessions, Health/Wellness Events, physical activities (aerobics, Zumba, line dancing, walking, biking 5K's and competitive/fun weight loss competitions.

NOW, THEREFORE, BE IT RESOLVED, that the City Council of the City of Petersburg, Virginia, hereby recognized that obesity is a serious public health threat to the health and wellbeing of adults, children and families in Petersburg and a commitment is needed to put health 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 Petersburg adopts this Healthy Eating Active Living Resolution.

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

- Make health foods available in the municipal workplace using the following strategy(ies):
 - Ensures that water is readily available in municipally owned buildings
 - Establish a healthy vending policy

- Establish a policy that will allow a healthy food choice at all city employee socials (i.e. Annual Holiday Social)
- 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
 - Allow/encourage employee to join the Employee Walking Program
 - Encourage employees to walk to meetings in the downtown area (meetings in close proximity of City Hall, Transit Station, City Courts Building).
- Involve the municipal staff in determining your city/towns' policy needs around municipal workplace wellness using the following strategy(ies):
 - The Quality Circle Program will continue to encourage each city department to have representation at each monthly meeting
 - The Quality Circle Program will encourage members of the community to serve on the Quality Circle for a Health Community Committee
- Involve City Agencies/Non-Profit organizations to develop a City Wide Wellness Program for the Youth Population/Adult/Senior Population
 - Encourage group outdoor activity at local parks, walking trails
 - Develop a process by which citizens can gain medals for completing physical fitness challenges
 - Designate locations in the City (Walking Tracks, Parks) where City can participate in organized outdoor activities (competitive fun atmosphere)
 - Establish City Wide Wellness Sessions for City Residents
 - Collaborate with Health Institutions to devise a City wide calendar of free health seminars

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

- Develop/Promote Community Gardens, using the following strategy (ies):
 - Develop a map of existing community gardens in the City of Petersburg
 - Develop Policies and Procedures as it relates to Community Gardens
 - Develop a process by which vacant land becomes available for community gardens/urban agriculture
 - Adopt a City Wide Community Garden Program
- Create/Promote Farmers' Markets using the following strategy/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
- Institute guidelines and/or zoning controls that allow Farmers' Market
- Update Comprehensive Plan to:
 - Include provisions that address access to affordable, nutritious foods
- Attract/Promote Healthy Food Retail – Corner/Grocery Stores using the following strategy(ies):
 - Expedite permitting for new stores that offer healthy foods
 - Provide density bonuses or economic incentives for new food retail development (especially in under-resourced communities)
 - Provide density bonuses or economic incentives for improved healthy food offerings in existing corner or convenience stores
 - Establish standards as a licensing requirement for new food retailers (not including restaurants)
- Attract/Promote Healthy Food Retail – Restaurants using the following strategy(ies):
 - Encourage menu labeling with nutrition facts
 - Provide economic incentives for restaurants that offer healthy foods

BE IT FURTHER RESOLVED, that the City of Petersburg Quality Circle Program staff should report back to the Petersburg 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 the City of Petersburg Quality Circle Program Staff shall work with HEAL Cities & Towns Campaign Staff to explore HEAL policies and to identify those policies that are suitable for the City of Petersburg's unique local circumstances.

BE IT FURTHER RESOLVED, that the City of Petersburg Quality Circle Program Staff will report back to this Council with recommendations no later than 180 days from the date of this Resolution.

Date: 4/01/2014



 Nykeshia D. Jackson, CMC
 Clerk of Council