



6-0

A RESOLUTION SETTING FORTH TOWN OF SCOTTSVILLE'S COMMITMENT TO PROMOTE HEALTHY EATING AND ACTIVE LIVING

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

WHEREAS, Scottsville's historic role as a hub of social and commercial activity for the surrounding rural area now extends to such healthy infrastructure as a farmers market, community parks, large nature area, and mixed-use redevelopment opportunities;

NOW, THEREFORE, LET IT BE RESOLVED that the Scottsville Town Council hereby recognized 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, Town of Scottsville adopts this Healthy Eating Active Living resolution:

Physical Activity, Active Transportation, and Land Use

BE IT FURTHER RESOLVED that Scottsville municipal staff responsible for the design and construction of parks, neighborhoods, streets, and business areas should make every effort to:

- Improve and add to the town's trails, sidewalks, bike facilities, and playgrounds wherever possible.
- Update the Comprehensive Plan to:
 - Include provisions that promote biking, walking, and traditional neighborhood design
 - Include strategies that promote public safety and crime prevention through environmental design
 - Prioritize Mixed-Use and Mixed-Income Development
- Amend the Zoning Ordinance to:
 - Require developers of large sites to include usable space for physical activity and recreation or pay a fee
 - Institute a Complete Streets requirement for new development
 - Promote a mix of housing, business, and recreational uses in new development
- Urge VDOT to improve streets safety for all users (motorists, bicycles, pedestrians, handicapped) using the following strategies:
 - Promote slower vehicular traffic through traffic calming measures
 - Paint bike lanes or shared use "sharrows" when re-paving or painting roads
 - Stripe crosswalks when re-paving/painting roads
 - Add and improve sidewalks in the course of road maintenance
- Examine racial, ethnic and socio-economic disparities in access to physical activity facilities or resources and adopt strategies to remedy these inequities.
- Involve the community in determining Town needs around exercise and physical activity by creating an Active Living Team within the Scottsville Community Health Project tasked with identifying policy changes, project ideas, and community partnerships

Access to Affordable Nutritious Foods

BE IT FURTHER RESOLVED that Scottsville officials 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
- Promote the Farmers' Market using the strategies:
 - Maintain the market pavilion as a useful and welcoming facility
 - Promote the SNAP benefit option to increase Farmers' Market sales
 - Advocate for, and implement, grants and other funding partnerships to increase the value of SNAP funds redeemed at the Farmers' Market
- Develop and promote Community Gardens, Urban Agriculture, and/or Urban Farming using the following strategies:
 - Highlight the opportunities of vacant land at the factory and Paulett development sites to become available for community gardens and urban agriculture
 - Designate public land for community garden/urban agriculture use
 - Provide public resources for community garden (i.e. town pays for water)
 - Amend zoning ordinances as needed to allow and encourage community gardens, urban agriculture, and backyard poultry/animal husbandry
- Examine racial, ethnic and socio-economic disparities to healthy, affordable, foods and adopt strategies to remedy these inequities.
 - Promote and support Bread of Life and other food bank services in town
- Involve the community in determining Town policy needs around accessible, affordable, nutritious foods by creating a Local Food Team within the Scottsville Community Health Project tasked with identifying policy changes, project ideas, and community partnerships

Municipal Workplace Wellness

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

- Make healthy foods available in the municipal workplace using the following strategies:
 - Strive to serve healthy and locally produced foods in all Town-owned or operated venues that serve food, including special events
 - Ensure that water is readily available in municipally owned buildings
 - Continue to avoid unhealthy foods in any vending machines

- Encourage physical activity in the municipal workplace using the following strategies:
 - Continue to encourage stairwell usage
 - Set the norm physical activity breaks for meetings over two hours in length
 - Allow and encourage walking meetings
 - Encourage foot patrol for Police Officers, and implement bike patrol

- Reduce barriers to breastfeeding in the municipal workplace by designating lactation space at Victory Hall for breastfeeding mothers

- Involve the Town staff in determining needs around municipal workplace wellness by convening an all-staff wellness meeting at least twice a year

Implementation


BE IT FURTHER RESOLVED that the town administrator 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 Scottsville 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 **60** days from the date of this Resolution.

This resolution shall become effective on June 19, 2018.

I, Matthew R. Lawless, do hereby certify that the foregoing writing is a true, correct copy of a Resolution duly adopted by the Town Council of the Town of Scottsville by vote of 6 to 0 at a duly called meeting held on June 18, 2018.



 Clerk, Scottsville Town Council
 Town Administrator
 acting as clerk for the meeting