

# RESOLUTION NO. #2014-01 SETTING FORTH TOWN OF SYKESVILLE'S COMMITMENT TO OBESITY PREVENTION

## 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, the Town of Sykesville (the "Town") 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, the current generation of children are expected to have shorter lives than their parents due to the consequences of obesity; and

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

NOW, THEREFORE, LET IT BE RESOLVED BY THE MAYOR AND TOWN COUNCIL OF THE TOWN OF SYKESVILLE that it is hereby recognized that obesity is a serious public health threat to the health and wellbeing of adults, children and families in the United States of America and a commitment on behalf of the Town is needed to put healthy choices within reach of all residents of the Town. 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 Town adopts this Healthy Eating Active Living resolution:

## Physical Activity, Active Transportation, and Land Use

BE IT FURTHER RESOLVED that the Town's 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:

- Commit to widening the Linear Trail to make it accessible to all users and expand recreational opportunities as funding becomes available.
- Commit to making all Town active living facilities physically accessible to all users as funding becomes available.
- Create and promote a list of active living opportunities in Sykesville to educate Town residents about resources available to them (to be completed by May 2014).

## Access to Affordable Nutritious Food

BE IT FURTHER RESOLVED that the Town's 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:

- Create/Promote a Farmers' Market using the following strategy:
  - Establish a Memorandum of Understanding with the Main Street Association formalizing a Farmer's Market downtown for 2014-2016, renewable for three-year terms thereafter, as long as there are farmers willing to participate (such Memorandum to be completed by April 2014).
- Develop/Promote Community Gardens, Urban Agriculture, and/or Urban Farming using the following strategy:
  - Establish a Memorandum of Understanding with the Main Street Association allowing the use of the Town House grounds for a community garden for 2014-2016, renewable for three-year terms thereafter (such Memorandum to be completed by April 2014).

## Municipal Workplace Wellness

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

- Involve the Town Staff in determining the Town's policy needs around municipal workplace wellness using the following strategy:
  - Research and implement an employee wellness program with input from Town employees (Town Staff to report back to the Mayor and Town Council by August 2014).

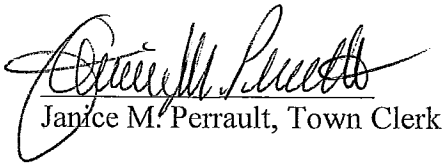
## Implementation

BE IT FURTHER RESOLVED that the head of each affected agency or department of the Town shall report back to the Mayor and Town Council annually, preferably as part of the annual Mayor and Town Council retreat, regarding steps taken to implement the Resolution, additional steps planned, and any desired actions that would need to be taken by the Council.

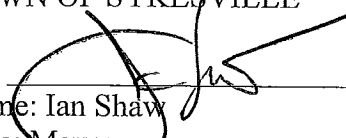
BE IT FURTHER RESOLVED that the Town Staff shall work with HEAL Cities & Towns Campaign Staff to explore HEAL policies and to identify those policies that are suitable for the Town's unique local circumstances.

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

ATTEST/WITNESS:

  
Janice M. Perrault, Town Clerk

MAYOR AND TOWN COUNCIL  
TOWN OF SYKESVILLE

By:   
Name: Ian Shaw  
Title: Mayor  
Date: 1-27, 2014