



RESOLUTION #13-03

WHEREAS, poor health and chronic disease among adults and children correlate with environments offering poor 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 young persons in Virginia is overweight or obese, and 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 is expected to have shorter lives than their parents due to the consequences of obesity; 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, the City of Williamsburg can play a productive role in promoting the good health of its residents; and

WHEREAS, the City Council has formed a Citizens Committee on Community Wellness to spearhead Williamsburg's effort, and has adopted in November 2012 its *Biennial Goals, Initiatives and Outcomes* focused on healthy community initiatives.

NOW, THEREFORE BE IT RESOLVED, that the City Council hereby recognized 1) that obesity is a serious health threat to the health and well being of adults, children and families in the City of Williamsburg, 2) that while individual lifestyle changes are essential, individual effort alone is insufficient to combat obesity's rising tide, and 3) that significant societal and environmental changes are needed to support individual efforts to make healthier choices. To that end, the City of Williamsburg adopts this Healthy Eating Active Living resolution.

BE IT FURTHER RESOLVED that the government of the City of Williamsburg shall promote active living through the built environment by:

- Pursuing land use and land regulation policies which promote mixed-use, transit-oriented development, and other such strategies through the Comprehensive Plan and Zoning Ordinance;

- Maintaining joint-use agreements with schools and adjoining counties to expand community access to indoor and outdoor public facilities;
- Providing in the Five-Year Capital Improvement Plan funding for street, parks recreation and athletics improvements and facilities which allow, support, and encourage physical activity;
- Planning and constructing connectivity in the built environment – sidewalks, crosswalks, bike lanes, and trails – to encourage walking, running and biking;
- Requiring sidewalks in all new residential and commercial development projects, and pursuing connectivity between existing and new developments, in the site plan approval process;
- Supporting Williamsburg Transport to encourage use of mass transit;
- Pursuing acquisition of additional open space and land conservation both within the City limits and in the Waller Mill Reservoir watershed; and
- Publishing “Great City Walks’ designating urban walking routes connecting points of interest throughout the City.

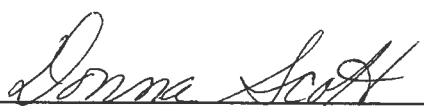
BE IT FURTHER RESOLVED that in order to promote healthy living in Williamsburg, and set an example for other organizations and businesses, Williamsburg shall implement a workplace health and wellness program, including:

- An employee walking program to spur physical activity during and after work hours;
- An educational seminar series on healthy living, and online health and wellness resources for employees;
- Two free fitness and workout rooms for employees and their families;
- Sponsoring annual flu shots for city employees;
- Accommodating breastfeeding for employees upon their return to work from childbirth; and
- Promoting water consumption in the workplace and at meetings.

BE IT FURTHER RESOLVED that Williamsburg City government shall promote access to healthy food by:

- Supporting the Williamsburg Farmers Market, located in Merchants Square, as a community place for fresh locally grown fruits and vegetables;
- Implementing the Supplemental Nutrition Assistance Program (SNAP) at the Williamsburg Farmers Market during the 2013 market season;
- Creating a Giving Garden at Waller Mill Park to involve local children in growing food and donating produce to those in need and
- Supporting the WJCC School Health Initiative Program’s (SHIP) mission to improve health and wellness for students and staff by promoting healthy eating and physical activity in the school, home, and community.

Adopted: February 14, 2013


 Donna F. Scott, City Council Clerk


 Clyde A. Haulman, Mayor