

RESOLUTION



SETTING FORTH THE TOWN OF WYTHEVILLE'S COMMITMENT FOR HEALTHIER LIFESTYLES

Preamble

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 Town of Wytheville 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;¹ 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;² 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;³ and,

WHEREAS, one in three youth in Virginia is overweight or obese;⁴ 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;⁵ and,

WHEREAS, the current generation of children are expected to have shorter lives than their parents due to the consequences of obesity;⁶ and,

¹ Feng J, Glass TA, Curriero FC, Stewart WF, Schwartz BS. The built environment and obesity: a systematic review of the epidemiologic evidence. *Health Place*. 2010;16:175-90.

² Sallis JF, Glanz K. Physical activity and food environments: solutions to the obesity epidemic. *Milbank Q*. 2009;87:123-54.

³ CDC Behavioral Risk Factor Surveillance System: Prevalence and Trend Data – Overweight and Obesity, U.S. Obesity Trends, Trends by State 2010. Available online at <http://www.cdc.gov/brfss/>

⁴ □ CDC, Division of Nutrition, Physical Activity, and Obesity. 2010 Pediatric Nutrition Surveillance System. Available online at http://www.cdc.gov/pednss/pednss_tables/tables_health_indicators.htm

⁵ Rosenbloom, AL. *Increasing incidence of type 2 diabetes in children and adolescents: treatment considerations*. *Pediatric Drugs*. 2002;4(4)209-21.

⁶ Olshansky SJ, Passaro DJ, Hershov RC, Layden J, Carnes BA, Brody J, Hayflick L, Butler RN, Allison DB, and Ludwig DS, "A Potential Decline in Life Expectancy in the United States in the 21st Century," *New England Journal of Medicine*, 352:11, pp. 1138-1145.

WHEREAS, obesity takes a tremendous toll on the health and productivity of all Virginians;⁷ and,

WHEREAS, the annual cost to Virginia - in medical bills, workers' compensation and lost productivity—for overweight, obesity and physical inactivity exceeds \$3 billion;⁸ 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, statistically, the Town of Wytheville has over 25 percent of its residents who are overweight, and the Town Council is concerned about the health and welfare of all town citizens.

NOW, THEREFORE, BE IT RESOLVED that the Town Council of the Town of Wytheville, Virginia, hereby recognizes that obesity is a serious public health threat to the health and wellbeing of adults, children and families in the Town of Wytheville, 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 Town Council of the Town of Wytheville, Virginia, adopts this Healthy Eating Active Living resolution:

Physical Activity, Active Transportation and Land Use

BE IT FURTHER RESOLVED that the Town of Wytheville planners, engineers, parks and recreation department and community economic and redevelopment personnel responsible for the design and construction of parks, neighborhoods, streets and business areas should make every effort to:

- Update Comprehensive Plan to:
 - Include provisions in the comprehensive plan that promote better bikeability and walkability
 - Work toward making Wytheville a walkable town
 - Include strategies that promote public safety/crime prevention through environmental design
 - Prioritize Transit-Oriented and Mixed-Use Development
 - Study the feasibility of more parks/green spaces accessible to Town citizens by walking/biking
 - Work with District III to educate senior citizens on available services, such as transportation

⁷ Hammond, R.A., Levine, R. *The economic impact of obesity in the United States*. *Diabetes Metab Syndrom Obes*. 2010; 3:285-295.

⁸ Trogdon, J.G., Finkelstein, E.A. Feagan, C.W., Cohen, J.W. (2012). *State- and Payer Specific Estimates of Annual Medical Expenditures Attributable to Obesity, Obesity, 10, 214-220*.

- Design Streets/Roads to be safe for all users (motorists, bicycles, pedestrians, handicapped) using the following strategy(ies):
 - Study a possible Complete Streets Policy
 - Promote Slower Vehicular Traffic Through Traffic Calming Measures
 - Adopt a policy to paint bike lanes/shared use (“sharrows”) when re-paving/painting roads
 - Adopt a policy to stripe crosswalks when re-paving/painting roads
 - Reconstitute a Bicycle/Walking Committee

- Increase access to facilities using the following strategy(ies):
 - Continue to use and update Joint Use Agreements for existing facilities, such as: school playgrounds and Town and County facilities
 - Work with Wythe County to develop additional ways for more affordable physical recreational activities for Town and County residents
 - Promote the placement of bike racks in the downtown area, at the Farmers' Market and at schools
 - Encourage businesses/industries to promote stairwell usage through an open, unlocked stairwell policy

- Use Development Tools to:
 - Encourage businesses/industries and the School Board to incorporate short break periods for exercise within their facilities and classrooms
 - Require developers to include usable space for physical activity and recreation
 - Study instituting a Complete Streets requirement for new development
 - Study if the Town should adopt a Form Based Zoning Ordinance
 - Construct signage, particularly around school zones, to remind drivers to not text and drive
 - Provide picnic areas within walking distance for breaks and lunches and to serve as an area for physical activity

- Involve the community in determining the Town of Wytheville's policy needs around physical activity, transportation and land use using the following strategy(ies):
 - Create an Active Living Community Policy Council tasked with identifying recommendations for the municipality to follow
 - Study the National Physical Activity Plan to implement an Active Living Community Council for the Town that would be tasked with making recommendations to the Town Council to adopt and implement
 - Support requests that encourage running/walking events

Access to Affordable Nutritious Foods

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

- Update Comprehensive Plan to:
 - Increase the awareness of the ongoing need for donations to the local Food Pantry/Food Kitchen
 - Include provisions that address access to affordable, nutritious foods
 - Work with Wythe County to encourage and develop healthy eating in all County schools through the use of education and healthy menu choices
 - Support the current Lil' Maroons Backpack Program in town schools
- Promote Farmers' Markets using the following strategy(ies):
 - Encourage SNAP/EBT to be accepted at the Farmers' Market
 - Institute zoning that allows Farmers' Markets/roadside stands
 - Study to provide public transportation on days the Farmers' Market is open
- Develop/Promote Community Gardens, Urban Agriculture and/or Urban Farming using the following strategy(ies):
 - Identify vacant land which could be used for community gardens/urban agriculture
 - Designate additional public land for a community garden/urban agriculture use
 - Designate a portion of the community garden space for school gardening programs
 - Work with the Wythe County School Board to extend current school programs to include canning of vegetables grown by students
 - Provide public resources for community gardens, such as the Town will pay for water for community gardens
 - Adopt a Community Garden/Urban Agriculture Ordinance to promote and protect community gardens and urban agriculture
 - Adopt zoning that allows backyard poultry/animal husbandry
- Involve the community in determining the Town of Wytheville's policy needs around accessible, affordable, nutritious foods using the following strategy(ies):
 - Create a Food Policy Council or Task Force tasked with identifying recommendations for the Town of Wytheville to follow
 - Conduct a community food assessment
 - Work with District III to educate senior citizens on the available services, such as food vouchers

Municipal Workplace Wellness

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

Make healthy foods available in the municipal workplace using the following strategy(ies):

- Promote nutrition standards aligned with the Dietary Guidelines for Americans in all municipally-owned or operated venues that serve food, including special events
- 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 strategy(ies):
 - Establish physical activity breaks for meetings over two hours in length
 - Allow/encourage walking meetings
 - Continue to provide a free annual pass to full-time employees to use the Town of Wytheville Recreation Center
 - Encourage businesses to provide or develop exercise options during breaks and lunch periods
 - Provide picnic areas within walking distance for breaks and lunches and to serve as an area for physical activity
- Reduce barriers to breastfeeding in the municipal workplace using the following strategy(ies):
 - Designate lactation space within each municipally owned/operated building for breastfeeding mothers
- Involve the municipal staff in determining the Town of Wytheville's policy needs around municipal workplace wellness using the following strategy(ies):
 - Combine a Workplace Wellness Committee with the Safety Committee
 - Make workplace wellness a topic in all staff meetings, Council Personnel Committee meetings and Safety Committee meetings

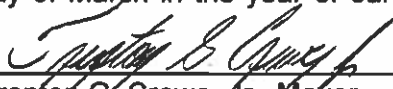
Implementation

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

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

In Witness Whereof, I have hereunto set my hand and caused the seal of the Town of Wytheville, Virginia, to be affixed this 13th day of March in the year of our Lord two thousand seventeen.


 Trepton G. Crewe, Jr., Mayor

ATTEST: 
 Sharon G. Corvin, Town Clerk