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HEALTHY EATING ACTIVE LIVING CITY/TOWN/COUNTY RESOLUTION

ABOUT THE CAMPAIGN

Local governments work hard to create livable, prosperous communities – places where people want to live, work, raise families, and age. Healthy eating and active living policies and practices affect livability and prosperity by improving both physical environments and the fiscal health of a community.

Municipal leaders across the United States are now recognizing that healthy eating and active living policies and practices should be part of short- and long-term planning and decision-making in order to: reduce health care costs, improve health and quality of life, and attract economic development.

The Healthy Eating Active Living (HEAL) Cities & Towns Campaign for the Mid-Atlantic is an initiative of the [Institute for Public Health Innovation](#) that began in 2012. Through a strategic partnership with the Virginia and Maryland Municipal Leagues and funding from Kaiser Permanente, the HEAL Cities & Towns Campaign provides free coaching and technical assistance to municipal leaders to adopt local policies and practices that promote access to healthy, affordable foods, convenient access to opportunities for physical activity and recreation, and workplace wellness for municipal employees.

HOW TO USE THIS DRAFT RESOLUTION

The draft resolution provides a menu of policies and strategies that advance healthy eating and active living. Modify the resolution to the policy actions suitable for your locality. Please consider choosing **two to three** policy goals that your city, town, or county can reasonably work on and implement. HEAL Campaign Staff is available to assist you with the selection of your strategies..

All cities, towns, and counties that adopt this resolution are eligible for designation as a Healthy Eating Active Living City/Town/County and can use the HEAL logo. The city/town/county is also eligible to receive free technical assistance from HEAL staff (e.g., one-on-one phone or in-person consultation, fact sheets, model policies, policy assessments and menus, strategies for successful policy adoption and implementation, trainings and webinars) as they work to implement the policies and strategies included in the resolution. As the city/town/county accomplishes the implementation

of the policies and strategies included in its HEAL resolution, it will be recognized for its work at the Maryland Municipal League annual conference.

QUICK TIPS FOR EDITING THIS DOCUMENT

- There is a Table of Contents explaining each section of the Resolution.
- Anything highlighted must be edited by the municipality
- Before presenting to Council, delete pages 1 and 2, and strategies you are NOT including (i.e, only include in your resolution the strategies your city/town/county resolves to work on).
- Feel free to add healthy eating and active living policy goals and strategies that are not listed in the sample but that are of particular interest to your locality.
- When you are finished with this document it should contain: Preamble, Policy Goals or Strategies the city/town/county resolves to work on, and a section on implementation. See the sample resolution below.

Please contact HEAL Staff for any assistance you may need in drafting the resolution or reviewing it. Also, please be sure to send your adopted, signed resolution to the HEAL Staff at sdefrancesco@institutephi.org.

TABLE OF CONTENTS

1. Preamble/Whereas Clauses 3

A resolution should include a preamble that contains “findings” of fact that support the need for the municipality to pass the resolution. The preamble contains information supporting the need for the resolution. Some possible findings are listed as “Whereas” clauses below. Modify these clauses to fit your municipality. Feel free to change language, delete clauses, and to add clauses with relevant local data.

2. Physical Activity, Active Transportation, and Land Use 3

People want to be healthy, but need physical environments that enable them to make healthy choices safely, conveniently, and affordably. The way communities are designed can either help or hinder residents ability to make healthy choices. Consider some of the following policy options and practices that make it easier for your residents and municipal employees to be physically active as part of their daily routines.

Keywords in this section: biking, walking, pedestrians, Complete Streets

3. Access to Affordable, Nutritious Foods 4

People want to make healthy choices about what they eat, but sometimes that is not a viable option. Oftentimes nutritious foods are unavailable close to home or priced outside our food budgets. There are a number of strategies municipalities can employ to ensure that residents have a shot at making healthy choices about nutrition.

Keywords: community gardens, Farmers' Markets, nutrition standards

4. Local Government Workplace Wellness 5

Trying to make healthy eating decisions in the workplace can be a challenge when you're up against the candy bowl, vending machine, and break room donuts. In addition to all of that temptation, it's hard to be physically active at work when your job requires sitting in front of your computer for eight hours and the elevator is the easiest way to get to your office. There are strategies that municipalities can adopt that make eating healthy and being physically active at work easier to do.

These strategies have a positive impact on soaring health care premiums, attraction and retention of quality employees, and quality of life at work.

Keywords: nutrition standards, physical activity breaks, active stairwells, healthy meetings

5. Implementation 6

How will you work toward implementing the goals you set out in the previous three sections?

**RESOLUTION NO. [Click to enter # Resolution](#) SETTING FORTH [Click to enter NAME](#)
**OF MUNICIPALITY'S COMMITMENT TO PROMOTE
HEALTHY EATING AND ACTIVE LIVING****

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, 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 City/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, [Click here to enter any relevant local conditions and/or current local efforts to promote healthy eating and active living](#);

NOW, THEREFORE, LET IT BE RESOLVED that the [Click here to enter NAME OF CITY/TOWN. Click here to choose CITY or TOWN from Dropdown Menu](#) 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, [Click here to enter NAME OF CITY/TOWN](#) adopts this Healthy Eating Active Living resolution:

Physical Activity, Active Transportation, and Land Use

BE IT FURTHER RESOLVED that **Click here to enter NAME OF CITY/TOWN** 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:

- Update Comprehensive Plan to:
 - Include provisions in the comprehensive plan that promote bikeability and walkability
 - Include strategies that promote public safety/crime prevention through environmental design
 - Prioritize Transit-Oriented and Mixed-Use Development
 - **Click here to enter additional policy strategies.**
- Design Streets/Roads to be safe for all users (motorists, bicycles, pedestrians, handicapped) using the following strategy(ies):
 - Adopt a 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
 - **Click here to enter additional policy strategies.**
- Increase access to facilities using the following strategy(ies):
 - Establish Joint Use Agreements for existing facilities, such as: school playgrounds and pools
 - **Click here to enter additional policy strategies.**
- Use Development Tools to:
 - Require developers to include usable space for physical activity and recreation or pay a fee
 - Institute a Complete Streets requirement for new development
 - **Click here to enter additional policy strategies.**
- Involve the Community in determining your city/towns’ 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
 - **Click here to enter additional policy strategies.**
- **Click here to enter additional policy strategies.**

Access to Affordable Nutritious Foods

BE IT FURTHER RESOLVED that **Click here to enter NAME OF CITY/TOWN** planners, community economic personnel responsible for the design and of parks, neighborhoods, streets, and business areas, should make every effort to:

- Update Comprehensive Plan to:
 - Include provisions that address access to affordable, nutritious foods

- [Click here to enter additional policy strategies.](#)
- 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
 - Develop a budget to match SNAP funds redeemed at Farmers' Market
 - Institute guidelines and/or zoning controls that allow Farmers' Markets
 - [Click here to enter additional policy strategies.](#)
- Develop/Promote Community Gardens, Urban Agriculture, and/or Urban Farming using the following strategy (ies):
 - Develop a process by which vacant land becomes available for community gardens/urban agriculture
 - Designate public land for community garden/urban agriculture use
 - Provide public resources for community garden (i.e. town pays for water)
 - Adopt a Community Garden/Urban Agriculture Ordinance to promote and protect community gardens and urban agriculture
 - Adopt zoning ordinances that allow backyard poultry/animal husbandry
 - [Click here to enter additional policy strategies.](#)
- Involve the Community in determining your city/towns' 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 City/Town to follow
 - Conduct a community food assessment
 - Adopt a Food Charter
 - Create a Community Food System Plan
 - [Click here to enter additional policy strategies.](#)

Municipal Workplace Wellness

BE IT FURTHER RESOLVED that in order to promote wellness within [name of city], and to set an example for other businesses, [Click here to enter NAME OF CITY/TOWN](#) pledges to adopt and implement a workplace wellness policy that will:

- Make healthy foods available in the municipal workplace using the following strategy(ies):
 - Adopt nutrition standards aligned with national nutrition standards in all municipally- or county-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
 - [Click here to enter additional policy strategies.](#)
- 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 walking meetings
 - [Click here to enter additional policy strategies.](#)

- 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
 - [Click here to enter additional policy strategies.](#)
- Involve the municipal staff in determining your city/towns' policy needs around municipal workplace wellness using the following strategy/ies:
 - Convene a Workplace Wellness Committee
 - [Click here to enter additional policy strategies.](#)
- [Click here to enter additional policy strategies.](#)

Implementation

BE IT FURTHER RESOLVED that the head of each affected agency or department should report back to the [Click here to choose CITY or TOWN from Dropdown Menu](#) 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 [Click here to enter NAME OF CITY/TOWN](#) 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 [Click here to choose CITY or TOWN Council](#) 's unique local circumstances.

BE IT FURTHER RESOLVED that Staff will report back to this Council with recommendations for implementation not later than [Insert Number of Days](#) days from the date of this Resolution.