

# RESOLUTION NO. 16 SETTING FORTH MARISA TOWN'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 City/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**, more than half of Maryland'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 youth in Maryland is overweight or obese; 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**, obesity takes a tremendous toll on the health, productivity of all Marylanders;

**WHEREAS**, the annual cost to Maryland—in medical bills, workers compensation and lost productivity—for overweight, obesity, and physical inactivity exceeds \$3 billion;

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

**WHEREAS**, Marisatown has committed to decreasing its childhood obesity rate by 2020;

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

## Community Design/Physical Environment

**BE IT FURTHER RESOLVED** that Marisatown 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:

- Design Streets/Roads to be safe for all users (motorists, bicycles, pedestrians, handicapped) using the following strategy:
  - Adopt a Complete Streets Policy

## Access to Affordable Nutritious Foods

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

- Create/Promote Farmers' Markets using the following strategy:
  - Encourage SNAP/EBT to be accepted at farmers market

## 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, Marisatown pledges to adopt and implement a workplace wellness policy that will:

- Make healthy foods available in the municipal workplace using the following strategy:
  - Establish a healthy vending policy

## Implementation

**BE IT FURTHER RESOLVED** that the head of each affected agency or 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 Marisatown 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 Staff will report back to this Council with recommendations not later than 120 days from the date of this Resolution.