



RESOLUTION NO.

**A RESOLUTION OF THE CITY COUNCIL OF THE CITY OF ARVIN, CALIFORNIA,
ADVOCATING AND SUPPORTING THE HEALTHY EATING ACTIVE LIVING (HEAL) CITIES CAMPAIGN**

WHEREAS, in 2004, the League of California Cities adopted an Annual Conference Resolution to encourage cities to embrace policies that facilitate activities to promote healthier lifestyles and communities, including healthy diet and nutrition and adoption of city design and planning principles that enable citizens of all ages and abilities to undertake exercise; and

WHEREAS, the League of California Cities has a strategic goal to promote and develop safe and healthy cities; and

WHEREAS, the Arvin City Council adopted a Community Health Element in its 2012 General Plan Update that reflects many of the same goals and objectives as the League of California Cities including addressing obesity, the lack of opportunity for physical activity and the lack of available nutritious foods; and

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

WHEREAS, more than half of the adults in the State of California are overweight or obese and therefore at risk for many chronic diseases including diabetes, heart disease, cancer, arthritis, stroke, and, hypertension; and

WHEREAS, for the first time in United States history, the current generation of children are expected to have shorter lives than their parents as a consequence of obesity; and

WHEREAS, the cost to California—in medical bills, workers compensation and lost productivity— due to overweight, obesity, and physical inactivity exceeds \$41 billion per year and is continuing to increase; and

WHEREAS, 48% of teens and adults in Kern County consume one or more sodas or sugar-sweetened beverages per day; and

WHEREAS, 73% of adults and 66% of teens in Kern County consume fast food one or more times per week; and

WHEREAS, 32% of children between the ages of 2 and 4 years old and 42% of youth between the ages of 5 and 19 years of age in Kern County are overweight; and

WHEREAS, almost 31% of adults in Kern County are considered overweight and more children are being diagnosed with obesity annually; and

WHEREAS, 30% of children and 22% of adults in Kern County are physically inactive due to limited access to parks, open space and other opportunities for physical activity; and

WHEREAS, Kern County residents have limited access to a variety of fresh, good quality produce at reasonable prices with only 10% of the population living within half a mile of a supermarket; and

WHEREAS, less than 1% of supermarkets in Arvin have convenient public transit resulting in yet another barrier to healthy eating and living; and

WHEREAS, only 38% of Arvin's fast food restaurants encourage healthy food choices; and only 6% of its grocery stores offer healthy, affordable foods; and

WHEREAS, 70% of Arvin residents live in poverty; and

WHEREAS, Arvin is considered a food desert due to limited access to grocery and convenience stores and small markets, underscored by its 11 fast-food outlets in comparison to only one large grocery store; and

NOW, THEREFORE, BE IT RESOLVED that the City Council and the City of Arvin is committed to becoming a Healthy Eating Active Living city and to actively promote opportunities and standards that encourage healthy living choices, as well as policies identified in the City's Community Health Element.

BE IT FURTHER RESOLVED, that the City Council encourages staff and commissions to be sensitive to opportunities to recommend policies that encourage healthy choices and goals consistent with Council priorities.

BE IT FURTHER RESOLVED, that the City of Arvin recognizes that obesity is a serious public health threat to the health and wellbeing of adults, children and families in Arvin, California; and that by supporting the healthy living habits of residents and the local workforce, chronic disease and health care costs will decrease and productivity will increase.

BE IT FURTHER RESOLVED, that the City of Arvin supports healthy food access and activities that improve the quality of life, social welfare and wellness of the citizens of Arvin.

BE IT FURTHER RESOLVED, that the City of Arvin supports General Plan Updates and active design that promotes health and wellness choices.

BE IT FURTHER RESOLVED, that the City Manager is directed to have Department Directors report to the City Council any steps taken to implement this Resolution, additional steps planned, and any desired actions that would need to be taken by the City Council.

BE IT FURTHER RESOLVED, that the City of Arvin does hereby join other local and regional public agencies in promoting consistent and collaborative healthy eating and active living policies.

BE IT FURTHER RESOLVED, that “Exhibit A” to this Resolution shall serve as examples of policies, programs, procedures, and activities that the City of Arvin staff and other local agencies will consider in carrying out the intent and purpose of this Resolution.

EXHIBIT "A"

I. **Healthy Food & Water Access**

- Review existing ordinances that serve as barriers to establishing farmers' markets, community gardens and home gardens in order to improve access to fresh fruits, vegetables, and other healthy food.
- Finance and establish at least one consistent and fully-stocked farmers market in the city of Arvin in order to support local agriculture, offer organic produce, and create a place for community gathering.
- Identify appropriate sites for farmers' markets and community gardens and provide opportunities for residents to obtain healthy food locally and at low cost, by supporting grocery markets, farmer's markets, community gardens, and other sources of fresh and healthy food.
- Authorize small food markets and the future farmers market to accept Electronic Benefit Transfer (EBT), senior and WIC vouchers and coupons; Encourage new and existing food retailers to improve the quality and selection of healthy foods through financial incentives, zoning, technical assistance and other similar programs.
- Wherever possible, support current store owners, who currently carry low-fat dairy, healthy food options, including fresh produce in their stores, to accept EBT, senior and WIC vouchers and coupons.
- Provide and monitor water delivery and consumption of high quality water for domestic use within the City of Arvin, the Arvin Community Services District, and other private property on the city's infrastructure.
- Investigate means of protecting the groundwater supply from contamination by agricultural chemicals.
- Work with school districts to ensure that healthy food options are available in all Arvin schools.

II. **Public Safety & Community Wellness**

- Encourage physical activity through parks, open space and recreational facilities.
- Encourage bicycle safety through educational and promotional programs targeting bicyclists and motorists such as cumbia bike rides, bicycle rodeos and free helmet distribution events.
- Work collaboratively with the school district, school board, PTA, and community residents to identify and address access and safety issues for students arriving at school by bike or on foot.
- Identify and pursue opportunities to open up school playgrounds and playfields to public recreational use outside of school hours through joint-use agreements with the appropriate schools and school districts.
- Work with the school districts and other community organizations to provide and support after-school fitness and education programs for school age children. Pursue funding for projects that reduce the risk of non-motorized/motorized vehicle collisions, particularly in areas where such collisions frequently occur.
- Consider pedestrian safety and crime prevention measures in major transit centers and high pedestrian traffic generators such as schools, community centers, parks, etc. by placing an emphasis on sidewalk improvement.

- Ensure sidewalks are sufficiently wide and clear of obstructions to facilitate pedestrian movement and access for the disabled.
- Implement traffic-calming and traffic-slowing measures on roads with a high level of pedestrian and non-motorized vehicle activity.

III. Built Environment, City Planning & Economic Development

- Promote the use of vacant land within developed neighborhoods for temporary recreational use, with maintenance provided by neighborhood residents and businesses.
- Provide incentives for new development that incorporates agriculture such as home gardens, community gardens and urban farms.
- Develop industrial land use policies that include food enterprises, such as urban farms, aquaculture, food wholesaling, processing and distribution.
- Map existing fast food outlets and draft an ordinance that will place limits on fast food around schools and in neighborhoods with over-concentrations of unhealthy food outlets.
- Permit cart vendors to bring fresh, uncut fruits and vegetables from a mobile cart directly to a neighborhood.
- Allow for mobile vending, including green trucks, which sell whole, local produce; and food trucks that fall within the nutrition guidelines of healthier alternatives to fast-food chain restaurants.
- Integrate air quality, land use, and transportation planning and policy to reduce or separate the emission of criteria pollutants, greenhouse gases from mobile sources, rail lines, and heavy industrial facilities from sensitive areas such as residences, schools, parks, child care facilities, elderly care facilities, and health care facilities.
- Promote site planning and design pedestrian and bicycle connections that prioritize pedestrian and bicycle access and contribute to a safe, pleasant street environment for those arriving on foot, bicycle, or other non-motorized means on a basis of daily needs and services.
- Increase the number of multi-use trails and create a network of striped bicycle lanes, signed bicycle routes, bicycle priority streets, and secure bicycle parking throughout the City.
- Provide incentives to employers and developers to include secure bicycle parking and storage in existing and new businesses and in all new development projects.
- Ensure that the City has a network of “complete streets.”
- Improve environmental conditions through good transportation system design such as designating truck routes away from residential neighborhoods and other sensitive uses.