



AGENDA REPORT

Meeting Date: April 3, 2012
Item Number: H-5
To: Honorable Mayor & City Council
From: Teri Angel, Recreation Services Manager
Subject: A RESOLUTION OF THE COUNCIL OF THE CITY OF BEVERLY HILLS, CALIFORNIA EXPRESSING ITS DESIRE TO BECOME A HEALTHY EATING ACTIVE LIVING (HEAL) CITY
Attachments: Resolution

RECOMMENDATION

Staff recommends the City Council adopt the Healthy Eating Active Living Resolution and submit a copy of the Resolution to the League of California Cities for recognition as a Healthy Eating Active Living City.

INTRODUCTION

The Healthy Eating Active Living (HEAL) Campaign is a partnership composed of the League of California Cities, California Center for Public Health Advocacy, and the Cities, Counties, and Schools Partnership. The purpose of the HEAL Campaign is to provide training and technical assistance to city officials to adopt policies to improve their community's physical activity and food environments. The City's General Plan and the current programs and practices of the City embrace the requirements of the HEAL Campaign.

DISCUSSION

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 to adopt city design and planning principles that enable citizens of all ages and abilities to exercise. In 2006, the League adopted a resolution to work with the Institute for Local Government and the Cities, Counties and School Partnership to develop a clearinghouse of information that

cities use to promote wellness policies and healthier cities, the response to which is the HEAL Campaign. HEAL Campaign staff, under the guidance of an advisory committee of elected and executive staff leaders from 20 cities, reviewed survey responses from over 100 California cities to adopt one or more of these policies to become a HEAL City. The policies identified by the HEAL Campaign staff fall under three general categories:

1. Land Use
2. Availability of Healthy Food Choices, and
3. Employee Wellness.

The City of Beverly Hills demonstrates commitment to many of the policies advocated through the HEAL Campaign. The HEAL Campaign was presented to both the Health and Safety Commission and the Recreation and Parks Commission at their February meetings and both unanimously endorsed the resolution to become a healthy City. The City qualifies to become a HEAL City by adopting a resolution and submitting a letter of interest to the HEAL Campaign to receive the designation as a HEAL City.

FISCAL IMPACT

The programs stated in the resolution already exist so therefore no additional costs are needed. Staff time associated with the administration of the HEAL Resolution and application is budgeted through the Department's current budget.



Approved By
Steve Zoet
Director of Community Services

Attachment 1

RESOLUTION NO. 12 – R- _____

A RESOLUTION OF THE COUNCIL OF THE CITY OF
BEVERLY HILLS, CALIFORNIA EXPRESSING ITS DESIRE
TO BECOME A HEALTHY EATING ACTIVE LIVING (HEAL)
CITY

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 exercise; and

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

WHEREAS the City of Beverly Hills is committed to implementing necessary policies to create healthier work, school and neighborhood environments conducive to healthier living, and

WHEREAS, by supporting the health of residents and the local work force, it is expected that chronic disease and health care costs would decrease and productivity would increase; and

WHEREAS, the City has long been committed to these principles as is evidenced by the fact that Beverly Hills was one of the first cities to ban smoking in restaurants, parks and public facilities, enforces stringent code standards that dissuade

unhealthy fast food business, and provides on-going support of recreation programs, Farmers' Market and employee wellness programs,

WHEREAS, both the Health and Safety Commission and the Recreation and Parks Commission unanimously voted for participation in the HEAL Cities Campaign

WHEREAS, the City of Beverly Hills has the unique ability to positively affect the health of the Beverly Hills community now and in the future.

NOW, THEREFORE, BE IT RESOLVED BY THE CITY COUNCIL OF BEVERLY HILLS THAT significant societal and environmental changes are needed to support individual efforts to make healthier choices. To that end, the City of Beverly Hills adopts this Healthy Eating Active Living Resolution:

Section 1. Land Uses – The City has and will make every attempt to continue to create a built environment that supports a healthy lifestyle as set forth below:

- Sustain over 100 acres of park space which include two community parks and recreation centers, children's play equipment, tennis courts, a basketball court, sand volleyball courts, tennis courts, fitness paths, soccer and baseball fields, picnic areas, Greystone Estate, mini parks and passive park enjoyment;
- Preserve and enhance the landscaped environment as well as look for opportunities to increase parkland and open public space;

- Continue to provide as well as enhance a full complement of year round exercise and movement classes, community supported youth sports leagues and adult sports leagues and provide more outdoor exercise equipment opportunities;
- Expand community access to indoor and outdoor public facilities through the joint powers agreement with the Beverly Hills Unified School District;
- Support the Farmers' Market to increase access to healthy food, including fruits and vegetables and encourage the proposed plans for a community demonstration vegetable garden at Greystone Park;
- Conduct health screenings, provide flu immunizations and disseminate health-based information materials at a variety of events such as the Farmers' Market, Neighborhood Watch parties, and senior events;
- Support such campaigns as the *Walkable Westside* and *Walk to School Wednesdays* which encouraged the community to walk;
- Permit City streets to be used for health related special events such as group bike races, marathons, and walking events; and
- Provide funding to community non-profits which support healthy initiatives such as Beverly Hills CPR, which provides CPR training to the community.

Section 2. Healthy Food Access – The City is making and continues to strive towards opportunities for all citizens to have access to and choices about healthy foods in that the City:

- provides healthy eating access through the operation of a Certified Farmers' Market held on Sundays from 9 a.m. to 1:00 p.m., featuring fresh and wholesome fruits and vegetables directly from California farmers;
- continues to provide to the City's Afterschool Adventure Camp a healthy snack each Monday through donations from Farmers' Market vendors;
- supports the efforts of school vegetable gardens at the elementary schools;
- continues to provide nutritious weekday meals to seniors age 60 years of age and older at Roxbury Park
- in conjunction with Cedars-Sinai Medical Center, continues to offer an Annual Senior Health Fair; and
- encourages use of the library where numerous online and print resources including books, journals, and magazines offer information on preparing and serving healthy food. The City also provides viewing access to videos created by the City's Cable Division such as *Farm to Table* featuring Wolfgang Puck.

Section 3. Employee Wellness – The City will make every effort to encourage a healthy City workforce by:

- continuing its Employee Wellness Program that provides free access to a Fitness Center located in the Civic Center, noontime exercise classes for employees at cost, an annual Health Fair, collaboration with The Maple Counseling Center, plus health related guest speakers throughout the year; and
- encouraging walking to meetings and use of stairs.

Section 4. The City Clerk shall certify to the adoption of this resolution and shall cause this resolution and his certification to be entered in the Book of Resolutions of the Council of this City.

Adopted:

WILLIAM W. BRIEN, M.D.
Mayor of the City of Beverly Hills,
California

ATTEST:

BYRON POPE
City Clerk (SEAL)

APPROVED AS TO FORM:



LAURENCE S. WIENER
City Attorney

APPROVED AS TO CONTENT:



STEVEN ZOET
Director of Community Services