

RESOLUTION NO. 14-2020

A RESOLUTION SETTING FORTH GARDEN CITY'S COMMITMENT TO THE "HEAL CITIES AND TOWNS CAMPAIGN"

WHEREAS, the Colorado Municipal League's Vision Statement acknowledges the importance of sustaining strong, healthy and vibrant cities and towns; and

WHEREAS, in November 2012, LiveWell Colorado and the Colorado Municipal League have agreed to work collaboratively on the Healthy Eating, Active Living (HEAL) Cities and Towns Campaign; and

WHEREAS, LiveWell Colorado is a nonprofit organization committed to preventing and reducing obesity in the state by promoting healthy eating and active living in the places we live, work, learn and play; 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. The current generation of children are expected to have shorter lives than their parents due to the consequences of obesity; and

WHEREAS, the annual cost to Colorado – in medical bills, workers compensation and lost productivity – for overweight, obesity, and physical inactivity exceeds \$1.6 billion; and

WHEREAS, cities and towns have the ability to impact opportunities for healthy eating and active living; and

NOW, THEREFORE, BE IT HEREBY RESOLVED BY THE BOARD OF TRUSTEES OF THE TOWN OF GARDEN CITY THAT: the Garden City Board of Trustees hereby recognizes that obesity and overweight is a serious public health threat to the health and well-being of adults, children and families in Garden City, Colorado. 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 of Garden City adopts this HEAL City and Towns Resolution;

I. ACTIVE COMMUNITY

BE IT FURTHER RESOLVED that the Town of Garden City should make every effort to promote an Active Community by:

- Prioritize capital improvement projects to increase the opportunities for physical activity;
- Plan and construct a built environment that encourages walking, biking and other forms of physical activity;
- Address walking and biking connectivity between residential neighborhoods and schools, parks, recreational resources, and retail;
- Expand community access to indoor and outdoor public facilities through joint use agreements with schools and/or other partners;
- Include health goals and policies related to physical activity in the comprehensive plan update and specific area plans;

- Build incentives for development project proposals to demonstrate favorable impact on resident and employee physical activity;
- Examine racial, ethnic, and socio-economic disparities in access to physical activity facilities or resources and adopt strategies to remedy these inequities.

II. HEALTHY FOOD ACCESS

BE IT FURTHER RESOLVED that the Town of Garden City should make every effort to promote Healthy Food Access by:

- Facilitate the siting of healthy food retailers, community gardens for farms and farmers; markets to increase access to healthy food, including fresh fruits and vegetables;
- Revise and update relevant zoning code and other regulations to increase opportunities for access to healthy foods wherever and whenever possible, including prioritizing healthy food retail in compact mixed-use development, allowing diverse revenue-generation on local farms, and allowing small farmers' markets, produce stands, and mobile vending;

III. WORKPLACE WELLNESS

BE IT FURTHER RESOLVED that the Town of Garden City should make every effort to promote Workplace Wellness by:

- Establish physical activity breaks for meetings over one hour in length; encourage walking meetings and use of stairways;
- Encourage healthy, nutritional food at town events, town sponsored meetings, served at town facilities and town programs.

BE IT FURTHER RESOLVED that the head of each affected agency or department should report back to the Board of Trustees annually regarding steps taken to implement the Resolution, additional steps planned, and any desired actions that would need to be taken by the Board of Trustees.

PASSED, ADOPTED and APPROVED at a regular meeting of the Board of Trustees of the Town of Garden City on October 6, 2020.

ATTEST:

Town Clerk

Mayor