

RESOLUTION NO. 18-28

A RESOLUTION OF THE CITY COUNCIL OF THE CITY OF CASTLE PINES, COLORADO JOINING LIVEWELL COLORADO'S HEAL CITIES AND TOWNS CAMPAIGN AND SETTING FORTH THE CITY'S COMMITMENT TO OBESITY PREVENTION

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 the Colorado Municipal League Board of Directors entered into a memorandum of understanding with LiveWell Colorado to work collaboratively on the HEAL Cities & 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 (HEAL) in the places we live, work, learn and play; and

WHEREAS, 57 percent of Colorado adults and 27 percent of our children, are overweight or obese; and

WHEREAS, obesity has been identified by the Colorado Department of Public Health and Environment as one of ten winnable battles in Colorado; and

WHEREAS, the adult obesity rate has doubled in Colorado since 1995 and, if trends continue, only 33 percent of Colorado adults will be a healthy weight by 2020; and

WHEREAS, over the past three decades, childhood obesity has tripled among school-aged children in the U.S.; 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 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 increase access to healthy eating and active living;

NOW, THEREFORE, BE IT RESOLVED BY THE CITY COUNCIL OF THE CITY OF CASTLE PINES, COLORADO, THAT: the City Council hereby recognizes that obesity and being overweight is a serious public health threat to the well-being of adults, children and families in Castle Pines. 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, Castle Pines adopts this HEAL Cities and Towns resolution and sets goals to the following:

I. Active Community

BE IT FURTHER RESOLVED that Castle Pines planners, engineers, departments and staff responsible for the design and construction of parks, neighborhoods, streets, and business areas should make every effort to:

- Prioritize capital improvements 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;
- Revise comprehensive plans and zoning ordinances to increase opportunities for physical activity wherever and whenever possible, including complete streets policies, compact, mixed-use and transit-oriented development;
- 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 Castle Pines planners, engineers, departments and staff responsible for the design and construction of parks, neighborhoods, streets, and business areas should make every effort to:

- Facilitate the siting of healthy food retailers, community gardens or farms and farmers' markets in underserved communities to increase access to healthy food, including fresh fruits and vegetables;
- Include health goals and policies in support of both healthy, local food production and healthy food retailing in the comprehensive plan update;
- 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 and transit-oriented development, allowing diverse revenue-generation on local farms, and allowing small farmers' markets, produce stands, and mobile vending;
- Build incentives for development project proposals to increase access to healthy foods by residents and employees;

III. Workplace Wellness

BE IT FURTHER RESOLVED that in order to promote wellness within Castle Pines, and to set an example for other businesses, Castle Pines pledges to adopt and

implement an employee wellness policy that will:

- Encourage walking meetings and use of stairways and other mobility pathways;
- Set nutrition standards for any vending machines located in city owned or leased locations;
- Set wise nutrition standards for food offered at city events, city sponsored meetings, served at city facilities and city concessions, and city programs;
- Facilitate dietary and breastfeeding needs of employees upon their return to work.

IV. Implementation

BE IT FURTHER RESOLVED that the City Manager should report back to the City 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.

INTRODUCED, READ AND ADOPTED AT A REGULARLY SCHEDULED MEETING OF THE CITY COUNCIL OF THE CITY OF CASTLE PINES by a vote of 5 in favor, 2 against, and none absent on the 11th day of September, 2018.

DocuSigned by:
Tera Stave Radloff
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Tera Stave Radloff, Mayor

ATTEST:

DocuSigned by:
Tobi Basile
AD03A3B02032499...
Tobi Basile, City Clerk

Approved as to form:

DocuSigned by:
Linda C. Michow
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Linda C. Michow, City Attorney

