

REQUESTED BY: CITY MANAGER, BILL KOCHER

DATE OF FIRST READING: 9-16-14 WAIVE RULES? YES X NO

FINAL ACTION DATE: 10-7-14 VOTE: ✓ YES NO

SUSPENSION OF TWO READING RULE:

YES	NO
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ADOPTION OF ORDINANCE:

DENISE LINGO
 JAMES WOLF
 JENNIFER MOODY
 GERALDINE BRANDY
 ROBERT PARSONS
 JEANNE GEORGE
 JUDY PETERSEN
 TOTALS

YES	NO
<u>✓</u>	<u> </u>
<u>✓</u>	<u> </u>
<u>ABSENT</u>	<u> </u>
<u>ABSENT</u>	<u> </u>
<u>ABSENT</u>	<u> </u>
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RESOLUTION NO. 14-1003

RESOLUTION COMMITTING THE CITY OF MT. HEALTHY TO THE WETHRIVE! COMMUNITY WELLNESS IN ACTION INITIATIVE

WHEREAS, in Hamilton County 57 percent of adults are overweight or obese, 31.7 percent of third graders are overweight or obese, 80 percent of children who are overweight at age 10 will be obese as an adult, and over the past 40 years childhood obesity has increased more than fourfold in those ages 6 to 11 years;

WHEREAS, overweight children and adults are at greater risk for numerous adverse health consequences, including type 2 diabetes, heart disease, stroke, high blood pressure, high cholesterol, certain cancers, asthma, low self-esteem, depression and other debilitating diseases;

WHEREAS, the cost of obesity in Ohio is \$3.3 billion each year;

WHEREAS, good nutrition is a central part of any obesity prevention effort as healthier diets could save at least \$71 billion per year in medical costs, lost productivity and lost lives;

WHEREAS, only 7.2 percent of Ohio students (grades 9-12) report eating the recommended servings of fruits and vegetables per day; and in Hamilton County, only 25 percent of adults consume the recommended servings of fruits and vegetables per day.

WHEREAS, most Americans are failing to meet the Centers for Disease Control and Prevention's recommendations of at least 30 minutes of moderate physical activity at least five days a week for adults, and at least 60 minutes of moderate to vigorous intensity

physical activity for children every day; and Ohio students in Grades K-8 receive an average of 72.7 minutes of physical education/week, well below the national recommendation of 150 minutes/week for elementary school children and 225 minutes/week for middle school students;

WHEREAS, research shows that not only does Hamilton County have a high rate for childhood obesity, but specific populations including African-American, Hispanic and low-income families are disproportionately affected;

WHEREAS, in many communities, families have limited access to full-service supermarkets and no safe places to play;

WHEREAS, low-income communities are less likely to have places where people can be physically active, such as parks, green spaces, and bike paths and lanes;

WHEREAS, improvements to the "built environment" – including, bike and pedestrian friendly streets, adequate public transportation, access to healthy food retailers, access to parks, trails and grocery stores, or the lack thereof – have a significant impact on obesity rates;

WHEREAS, individual effort alone is insufficient to combat obesity and significant societal and environmental changes are needed to support individual efforts to make healthier choices;

NOW, THEREFORE, BE IT RESOLVED, BY CITY COUNCIL OF THE CITY OF MT. HEALTHY, STATE OF OHIO:

Section 1. That the City Council hereby recognizes that obesity is a serious public health threat to the health and wellbeing of adults, children, and families in The City of Mt. Healthy. And in light of the foregoing considerations, the City of Mt. Healthy commits to the *WeTHRIVE! Community Wellness Resolution* and supports steps to decrease the rate of obesity and overweight residents in its communities; and to implement the necessary laws or policies to create work, school, and neighborhood environments conducive to healthier eating and increased physical activity among residents.

Section 2. that the City Council directs all staff responsible for the design, approval, and construction of neighborhoods, streets, and business areas, including planners, engineers, public works staff, and community economic development and redevelopment personnel, to make every effort to:

- (A) Prioritize capital improvement projects that increase opportunities for physical activity in existing areas;
- (B) Plan and construct a built environment that encourages regular walking, biking, public transportation use, and other forms of physical activity by encouraging compact development, mixed land use within neighborhoods, and complete streets that are safe and welcoming for pedestrians, bicyclists, public transportation riders, and people of all ages and abilities; and
- (C) Increase the number of grocery stores in underserved communities and take other actions to increase these communities' access to healthy food, including fresh fruits and vegetables.

Section 3. that the City Council may encourage the Planning Commission to review comprehensive plans, zoning ordinances, subdivision regulations, and other plans, codes, and regulations at such a time when the information may be deemed useful by the City Council, and that the Planning Commission would report to the City Council with a draft of proposed revisions that could increase access to healthy foods, decrease access to unhealthy food retail outlets, and increase opportunities for physical activity. In conducting the aforementioned review and report, the Planning Commission could also consider implementing zoning restrictions on unhealthy food retail outlets, ~~such as fast food restaurants.~~ The report could also include an examination of racial, ethnic, and socio-economic disparities in access to healthy foods and physical activity facilities or resources, and proposed strategies to remedy these inequities.

Section 4. that in an effort to support community gardens, markets, and food systems change, the City Council may encourage and support the Building Department in conjunction with the Administration Department to identify property owned by the City of Mt. Healthy that may be deemed suitable for the public for community gardening.

Section 5. that the City Council recognizes that community gardens can improve nutrition, physical activity, community engagement, safety, and economic vitality for a neighborhood and its residents, and provide environmental benefits to the community at large. Therefore, the City of Mt. Healthy supports efforts to establish community gardens and encourages businesses, housing providers, faith-based organizations, private citizens, and government agencies to donate or otherwise provide land to communities for gardening.

Section 6. that the City Council encourages the WeTHRIVE! team to review, at a time the team deems appropriate, to identify and report to City Council any laws that may serve as an unnecessary barrier to community gardening, farmers' markets, or related activities.

Section 7. that the City Council encourages the Planning Commission, at a time deemed appropriate by the City Council, to identify any transportation barriers to accessing supermarkets, farmers' markets, or other healthy food retailers and determine where there are opportunities to increase access to healthy food through public transportation.

Section 8. that the City of Mt. Healthy pledges to support community efforts to establish and maintain farmers' markets, recognizing that farmers' markets provide fresh produce to community residents, support small farmers, and build community.

Section 9. that the City Council strongly encourages farmers' markets, grocery stores, and other food retailers to accept EBT (electronic benefit transfer) cards and WIC (Special Supplemental Nutrition Program for Women, Infants, and Children) vouchers to increase access to healthy food for low-income families.

Section 10. that City of Mt. Healthy pledges to support schools' efforts to promote physical activity and good nutrition by:

- A. Working with school districts, parent-teacher organizations, student organizations, and community groups to expand youth and community opportunities for physical activity through after school, weekend, and summer programs and by implementing joint use agreements and other cooperative arrangements;
- B. Supporting schools' efforts to cultivate school gardens;

- C. Supporting schools' efforts to implement farm-to-school programs;
- D. Supporting school's efforts to implement competitive food policies;
- E. Collaborating with school districts to facilitate the location of schools within walking and biking distance of the neighborhoods they serve; and
- F. Supporting school districts' efforts to establish and implement safe routes to school programs.

Section 11. that the City of Mt. Healthy encourages residents to use local parks by making available information about the parks and activities in the parks on the city website, at city hall and at locations at the park(s).

Section 12. that the City Council strongly encourages community centers, day care centers, after-school programs, and other youth-centered organizations to:

- A. Serve healthy foods and beverages with a focus on high nutritional values; and
- B. Expand opportunities for children and families to engage in physical activity wherever practical; and
- C. Integrate the promotion of healthy eating and active living into their program activities.

Section 13. that the City Council encourages all restaurants doing business in the City of Mt. Healthy to support the health of our communities by offering and clearly identifying healthier options on their menus.

Section 14. that the City Council supports the decisions of food and beverage business owners who choose to offer and advertise the sale of healthy items.

Section 15. that in order to promote employee wellness within the City of Mt. Healthy, City Council encourages private employers to adopt and implement employee wellness programs to promote physical activity and healthier eating habits and to adopt and implement tobacco free workplace policies and to offer smoking cessation programs and/or incentives to employees.


Section 16. that the City Council shall consider legislation to establish tobacco-free locations/zones throughout the city.

Section 20. That this Resolution shall be in full force and effect from and after the first date provided by law.

Passed this 7 day of October, 2014.



 President of Council

Attest: 

 Clerk of Council

Approved this 7 day of OCTOBER, 2014.

Joseph J. Battaglia
Mayor

Approved as to form:

Stephen A. Wolf
Law Director