

Council Meeting of  
August 9, 2011

Honorable Mayor and Members  
of the City Council  
City Hall  
Torrance, California

**Members of the Council:**

**SUBJECT: City Manager – Consider Resolution encouraging healthy lifestyle choices**

**RECOMMENDATION**

Recommendation of the City Manager that City Council consider adoption of a Resolution encouraging healthy opportunities and choices in fighting obesity in support of the League of California Cities "Healthy Eating Active Living" (HEAL) Campaign.

**BACKGROUND/ANALYSIS**

On February 23, 2010, Kanat Tibet of the HEAL Cities Campaign made a presentation before City Council on the efforts of the partnership of the League of California Cities and the California Center for Public Health Advocacy to encourage cities to adopt policies that promote healthier lifestyles and communities. The goals of HEAL are to reduce healthcare costs and to reduce obesity through encouraging Cities to adopt and implement policies that encourage and provide opportunities for physical activity and nutritious eating.

The League began its efforts with the adoption of its own Resolution which encouraged Cities to embrace policies that promote healthier lifestyles and communities. Mr. Tibet stated that since the inception of the campaign, state laws have resulted in the discontinuation of junk food and soda sales at schools and menu labeling of calorie count at chain restaurants. The League seeks Cities' involvement through the adoption of a Resolution that states and/or adopts policies and goals for land use, access to healthy food and employee wellness that supports the reduction in obesity and encourages a healthy fit lifestyle.

The Campaign recognizes Cities that adopt varied healthy eating and active living policies with three designations as follows:

EAGER CITIES are those that join the Campaign by deciding to focus on a HEAL Campaign area or a policy related to a campaign area.

ACTIVE CITIES are those that have already adopted and implemented two policies in at least one campaign area. ACTIVE CITIES join the campaign by adopting a HEAL Cities Campaign Resolution that includes at least two commitments for further policy development OR by adopting an additional policy in one of the campaign areas they have not yet addressed.

FIT CITIES are those that have already adopted and implemented at least one policy in each of the three campaign areas. FIT CITIES join the campaign by adopting a HEAL Cities Campaign Resolution that includes at least two commitments for further policy development OR by adopting an additional policy in one of the campaign areas.

To be designated ACTIVE or FIT, a City must submit their qualifying policies along with a Resolution through which they are joining the campaign. As of August 2, 2011, 84 HEAL Cities have been recognized by the League in the EAGER and ACTIVE designations.

With the adoption of the updated General Plan and the adoption of the 10-Year Strategic Plan and its implementing Action Plan, the City has adopted long-range policies and goals within the past two years that carry forward the League's primary campaign areas of "land use" and "access to healthy food." These policies and goals are incorporated in the attached Resolution under consideration by Council. Additionally, the City has a history of promoting a healthy, active lifestyle and access to healthy foods through its extensive system of parks, recreational opportunities, community gardens and farmers' markets. These achievements are incorporated in the attached Resolution.

If Council should determine to adopt the Resolution, it will be transmitted to HEAL Campaign for consideration of designation.

Respectfully submitted,

LeROY J. JACKSON  
CITY MANAGER

By Mary Giordano  
Mary K. Giordano  
Assistant City Manager

CONCUR:

*for* Mary Giordano  
LeRoy J. Jackson  
City Manager

Attachments: A) Resolution  
B) List of cities that have been recognized

## RESOLUTION NO. 2011-\_\_\_

**A RESOLUTION OF THE CITY COUNCIL OF THE CITY OF TORRANCE  
CONFIRMING THE CITY'S COMMITMENT TO ENCOURAGING HEALTHY  
OPPORTUNITIES AND CHOICES IN FIGHTING OBESITY AND 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 undertake exercise; and

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

**WHEREAS**, more than half of California's adults are overweight or obese and therefore at risk for many chronic conditions including diabetes, heart disease, cancer, arthritis, stroke, and hypertension; and

**WHEREAS**, a study in 2004 indicated that one in four youth between the ages of 9 and 16 in California is overweight, with 22.6% in the City of Torrance; 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

**WHEREAS**, the current generation of children are expected to have shorter lives than their parents due to the consequences of obesity; and

**WHEREAS**, teens and adults who consume one or more sodas or sugar sweetened beverages per day are more likely to be overweight or obese; and

**WHEREAS**, through the updated General Plan update of 2010 and the 10-Year Strategic Plan adopted in 2008, with its implementing Action Plan adopted in 2010 certain specific policies and goals to enhance active living and access to healthy food choices the City desires to further demonstrate its commitment to these principles by adoption of a resolution in acknowledgement of current efforts and future plans to promote and provide opportunities for healthy lifestyles throughout the community;

**NOW, THEREFORE, BE IT RESOLVED BY THE CITY COUNCIL OF THE CITY OF TORRANCE THAT:**

**SECTION I. Land Uses.** The City has and will make every attempt to continue and expand our efforts to create a built environment that supports a healthy lifestyle as set forth below:

- The Circulation Element of the City of Torrance General Plan adopted April 6, 2010, supports active living policies to develop sidewalks and paths that connect residential

neighborhoods to public facilities, parks, schools, transit stops, and major commercial areas, and

- The Ten-Year Strategic Plan prepared by community stakeholders and adopted by City Council August 12, 2008 contains the following active living goals:
  - Strive to be a leader in the creation of exceptional opportunities that meet the needs of all citizens
  - Maintain strong Youth Development Programs
  - Preserve and enhance the natural and landscaped environment with a sub-goal of: Look for opportunities to increase parkland and public open space
  - Maximize the safe and efficient movement of traffic with the sub-goals of: continue to focus on a pedestrian friendly and safe community; and encourage pedestrian linkages and pathways in all developments and major street corridors, and, with each Goal and Sub-Goal of the Strategic Plan having an implementing five-year Action Plan adopted by Council June 15, 2010; and,
- Every May, the City Council adopts a Resolution in support of *Bike to Work Week*. As part of their support, Staff hosts a refreshment “pit stop” in front of City Hall open to the public who ride their bicycle celebrating *Bike to Work Day* of that week, and
- City is participating in a multi-jurisdictional *South Bay Bicycle Master Plan* to create an organized framework for the creation of more bike facilities, encourage safe cycling, support bicycle education programs, enable everyone to enjoy good health by riding their bicycle, and help our communities by reducing emissions and promoting cleaner air; and
- City offers 33 neighborhood parks, a 9 hole, Par 3 Golf Course and park, and 2 regional parks for a total of 276 acres for outdoor recreational activities; and
- Eighteen of the City parks are handicapped accessible, 30 provide children’s play equipment, 13 provide Fitness Paths, 19 provide basketball courts, 17 provide ball diamonds, 9 provide horseshoes, 7 provide tennis courts, and, 1 provides a full gymnasium and roller hockey arena, and
- City provides a full complement of year round recreational youth and adult sports leagues, exercise and movement classes, dance and swimming within its Parks and Facilities and at Torrance Beach, and
- City provides “An Island of Wilderness in the City” with its 44-acre Madrona Marsh Nature Center & Preserve which has both independent discovery of its beauty and frequent guided walks for tykes through seniors, and
- Through expanding community access to indoor and outdoor public facilities through a joint use agreement with the Torrance Unified School District.

**SECTION II. 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:

- City provides healthy eating access through the operation of three Certified Farmers’ Markets, held on Tuesdays and Saturdays at Wilson Park from 8:00 a.m. to 1:00 p.m.

and Thursdays in Downtown Torrance from 4:00 to 8:00 p.m., all featuring fresh and wholesome fruits and vegetables directly from California farmers, and

- City supports programs that offer healthy food options through community gardens at both Columbia and Lago Seco Parks where over 250 residents grow their own produce, and
- Through the City's After School Clubs that offer healthy snacks fresh from the Farmers Market, through the ATTiC Café and its healthy choice menu for teens, through the nutritional lunch program at both the Bartlett and Tillim Senior Programs, and through the libraries where numerous online and print resources including books, journals, and magazines offer information on preparing and serving healthy food.

**SECTION III. Employee Wellness.** The City will make every effort to encourage a healthy City workforce by:

- Continuing to provide all employees with access to the Employee Assistance Program free of charge, and
- Continuing to provide financial incentives to employees that bike or walk through the City of Torrance Rideshare Program, and
- Continue to provide access to workout locations situated within City Hall and within the City Yard.

Introduced, approved and adopted this 8<sup>th</sup> day of August, 2011.

\_\_\_\_\_  
Mayor Frank Scotto

APPROVED AS TO FORM:  
JOHN L. FELLOWS III, City Attorney

ATTEST:

by \_\_\_\_\_  
Patrick Q. Sullivan  
Assistant City Attorney

\_\_\_\_\_  
Sue Herbers, CMC  
City Clerk





**HEALTHY EATING  
ACTIVE LIVING  
CITIES  
CAMPAIGN**

SEARCH

MONITORING

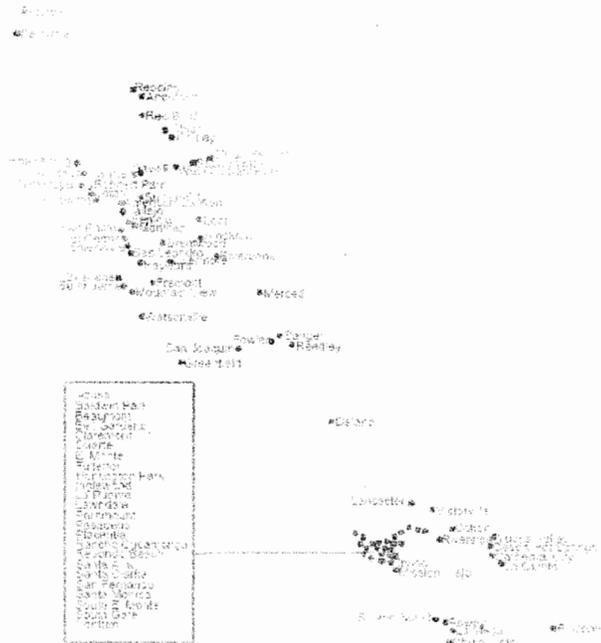
Call 510-302-3387

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# HEAL CITIES

84 HEAL Cities as of August 2, 2011

The Campaign welcomes these Eager and Active HEAL Cities. Click on the city's name to link to their specific resolutions and policies.



- American Canyon
- Anderson
- Arcata
- Azusa
- Baldwin Park
- Beaumont
- Bel Gardens
- Benicia
- Brentwood
- Brisbane
- Burlingame
- Cathedral City
- Chico
- Chula Vista
- Citrus Heights
- Claremont
- Colton
- Cotati
- Davis
- Delano
- Desert Hot Springs
- Duarte
- El Centro
- El Cerrito
- El Monte
- Emeryville
- Ferndale

- |                 |                  |                 |
|-----------------|------------------|-----------------|
| Fowler          | Mountain View    | Santa Ana       |
| Fremont         | Paramount        | Santa Clarita   |
| Fullerton       | Pasadena         | Santa Monica    |
| Greenfield      | Petaluma         | Sebastopol      |
| Gridley         | Piacentia        | Solana Beach    |
| Hayward         | Poway            | South El Monte  |
| Healdsburg      | Rancho Cucamonga | South Gate      |
| Huntington Park | Red Bluff        | Stockton        |
| Inglewood       | Redding          | Suisun City     |
| Irvine          | Redondo Beach    | Vallejo         |
| La Mesa         | Reedley          | Ventura         |
| La Puente       | Riverbank        | Victorville     |
| La Quinta       | Riverside        | Watsonville     |
| Lancaster       | Rohnert Park     | West Sacramento |
| Lawndale        | Sacramento       | Windsor         |
| Livermore       | San Fernando     | Winters         |
| Lodi            | San Joaquin      | Yucca Valley    |
| Martinez        | San Leandro      |                 |