

RESOLUTION NO. 2011-05

A RESOLUTION OF THE CITY COUNCIL OF THE CITY OF LOS ALTOS SUPPORTING THE *LET'S MOVE CITIES AND TOWNS CAMPAIGN* TO PROMOTE HEALTHY COMMUNITIES

WHEREAS, the City of Los Altos supports policies and programs that focus on health and wellness and healthier community environments; and

WHEREAS, the childhood obesity epidemic is a national health crisis with one in every three children overweight and obese; and

WHEREAS, the 2010 Health Profile for Santa Clara revealed that 50 percent of adults and 1 in 4 children are overweight or obese; and

WHEREAS, overweight and obesity have been shown to lead to heart disease, diabetes, cancer and other chronic diseases; and

WHEREAS, the cost of overweight, obesity, and physical inactivity in California due to health care costs and lost productivity is estimated to be \$41.2 billion; and

WHEREAS, many cities, counties and schools have adopted policies, programs and ordinances that promote healthier environments by making their communities walkable and bikeable and promoting the use of transit, eliminating unhealthy foods in city, county or school facilities, and providing exercise opportunities for their residents; and

WHEREAS, there are important long-term community benefits to be gained by creating healthy community environments, including a decrease in the rate of childhood obesity and related risk factors for chronic disease; and

WHEREAS, Los Altos and other community partners, including schools, can work in partnership to ensure that there are safe places for residents to be active such as routes to work and school, parks, ball fields, pools, gyms, and recreation centers; and

WHEREAS, access to healthy affordable foods has a direct impact on the overall health of our community and planning for the availability of fresh food in neighborhood stores, farmers markets, community organizations, and worksites and improved access through sidewalks, bike paths, and transit routes should be a priority; and

WHEREAS, Los Altos and other community partners can work to promote programs that help parents make healthier choices for their families.

**NOW THEREFORE, BE IT RESOLVED**, that the City Council of the City of Los Altos hereby supports:

1. Partnering with and supporting the *Let's Move* Campaign headed by the First Lady of the United States, the President's Task Force on Childhood Obesity and the Secretary of Health and Human Services, and
2. Adopting preventative strategies to fight obesity as put forth by the First Lady of the United States of America in the *Let's Move* Campaign.

I HEREBY CERTIFY that the foregoing is a true and correct copy of a Resolution passed and adopted by the City Council of the City of Los Altos at a meeting thereof on the 8th day of February 2011 by the following vote:

AYES: SATTERLEE, CASAS, CARPENTER, FISHPAW, PACKARD  
NOES: NONE  
ABSENT: NONE  
ABSTAIN: NONE

  
Susan Kitchens, CITY CLERK

  
Ronald D. Packard, MAYOR