

Resolution No.

RESOLUTION: Approval of the HEAL Cities & Towns Campaign to shape our community into a place where residents and employees can make healthy choices about food and physical activity.

WHEREAS, in January 2013, the Maryland Municipal League entered into a memorandum of understanding with the Institute for Public Health Innovation to work collaboratively on the Healthy Eating Active Living (HEAL) Cities & Towns Campaign; and

WHEREAS, in April 2014, the Board of Directors of the Maryland Municipal League unanimously adopted a resolution supporting the HEAL Cities & Towns Campaign and encouraging all interested municipalities to participate; and

WHEREAS, the City of Rockville has the ability to positively affect the health of its residents and has demonstrated its commitment to this by providing safe drinking water, maintaining 1,199 acres of public parkland, inclusion of pedestrian and bicycle networks in Neighborhood Plans, and offering high quality recreation programs and services to all residents; and

WHEREAS, planning and constructing an environment that encourages walking, biking, and other forms of physical activity can promote good health; and

WHEREAS, high rates of costly chronic disease among both children and adults have a direct correlation to environments with few or no options for healthy eating and active living; and

WHEREAS, an increasing number of children are being diagnosed with diseases linked to being overweight and obese that were previously seen only in adults, such as Type 2 diabetes and heart disease; and

WHEREAS, obesity takes a tremendous toll on the health and productivity of all Marylanders; and

WHEREAS, supporting the health of residents, the City workforce and the local workforce would decrease chronic disease and health care costs and increase productivity; and

WHEREAS, obesity is a serious threat to the health and wellbeing of adults, children and families in Rockville and a commitment is needed to put healthy choices within reach of all residents; and

WHEREAS, while individual lifestyle changes are necessary, individual effort alone is insufficient to combat the obesity epidemic. Significant societal and environmental changes are needed to support individual efforts to make healthier choices; and

WHEREAS, there are many current activities and programs established to promote healthy eating and active living in Rockville, such as: the availability of garden plots to City residents; offering a bike share program; production and distribution of safe drinking water; implementation of a “Complete Streets” initiative that supports walking and biking safely; and providing financial assistance to eligible youth and seniors to enable participation in recreation programs and activities; and

NOW, THEREFORE BE IT RESOLVED that the Mayor and Council of Rockville hereby adopt the HEAL Cities & Towns Campaign to shape our community into a place where residents and employees can make healthy choices about food and physical activity; and

BE IT FURTHER RESOLVED that the City of Rockville supports health and fitness by maintaining a safe, accessible network for non-motorized transportation around Rockville by:

- Updating the City's Bikeway Master Plan; and

BE IT FURTHER RESOLVED that the Rockville Recreation and Parks Department offers high quality recreation programs in Rockville with opportunities for physical activity by:

- Ensuring that at least 80% of the youth programs offered seasonally include physical activity and are designated so in the Recreation Guide; and

BE IT FURTHER RESOLVED that to the City of Rockville promotes wellness among City of Rockville employees, and sets an example for other businesses by:

- Maintaining and enhancing workplace wellness programs that support healthy choices for physical activity and nutrition for staff; and

BE IT FURTHER RESOLVED that in order to provide access to affordable nutritious food and set an example for other businesses, Rockville pledges to make healthy foods and safe drinking water available by:

- Providing nutritious options in all programs that offer snacks to participants
- Promoting farmers markets and provide access to food stamp (EBT) participants
- Providing access to community gardens
- Coordinating with local water utilities and businesses to provide the public access to free refills of healthy, sustainable tap water.

BE IT FURTHER RESOLVED that the City should assess annually the steps taken to implement the Resolution and additional steps planned to further the HEAL goals, with accomplishments and objectives reflected in the City's annual operating budget; and

BE IT FURTHER RESOLVED that Rockville staff shall work with HEAL Cities & Towns Campaign staff to explore HEAL policies and to identify those policies that are suitable for the City's unique local circumstances.

I hereby certify that the foregoing is a true and correct copy of a Resolution adopted by the Mayor and Council at its meeting of July 21, 2014.

Douglass A. Barber, City Clerk