

**RESOLUTION NUMBER 4590**

**A RESOLUTION OF THE CITY COUNCIL OF THE CITY OF PERRIS,  
CALIFORNIA, ADOPTING THE HEALTHY EATING ACTIVE LIVING  
(HEAL) CAMPAIGN**

**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**, 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**, local land use policy governs development of the built environment in which individuals make personal nutrition and physical activity choices; and

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

**NOW, THEREFORE, LET IT BE RESOLVED** that the City of Perris will become a Healthy Eating, Active Living (HEAL) City; and that the City Council hereby recognizes that obesity is a serious public health threat to the health and well-being of adults, children and families of the City of Perris.

**I. Employee Wellness**

**BE IT FURTHER RESOLVED** that in order to promote wellness within the City of Perris, and to set an example for other businesses, Perris pledges to adopt and implement an employee wellness policy that will:

- Encourage use of the Perris Fitness Center;

- Accommodate breastfeeding employees upon their return to work;
- Promote participation in healthy initiatives such as the Presidential Active Lifestyle Award.

## **II. Built Environment**

***BE IT FURTHER RESOLVED*** that the City of Perris will improve the built environment with the recognition that the design and construction of parks, neighborhoods, streets, and business areas should make every effort to address health impacts.

## **III. Healthy Food Access**

***BE IT FURTHER RESOLVED*** that the City of Perris will make every effort to increase the availability of fresh produce to the community by supporting a vibrant and successful farmers' market.

***PASSED AND ADOPTED*** by the City Council of the City of Perris on this 30th day of April, 2013:

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Daryl R. Busch, Mayor

**ATTEST:**

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Judy L. Haughney, City Clerk

STATE OF CALIFORNIA )  
COUNTY OF RIVERSIDE ) §  
CITY OF PERRIS )

I, Judy L. Haughney, CITY CLERK OF THE CITY OF PERRIS, CALIFORNIA, DO HEREBY CERTIFY that the foregoing Resolution Number 4590 was duly and regularly adopted by the City Council of the City of Perris at a regular meeting held the 30<sup>th</sup> day of April, 2013, by the following called vote:

**AYES: LANDERS, RODRIGUEZ, ROGERS, YARBROUGH, BUSCH**

**NOES: NONE**

**ABSENT: NONE**

**ABSTAIN: NONE**

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City Clerk, Judy L. Haughney