

RESOLUTION NO. _____

A RESOLUTION OF THE CITY COUNCIL OF THE
CITY OF EL MONTE, CALIFORNIA, ADOPTING
HEALTHY PUBLIC PLACES YIELDS HEALTHY
KIDS INITIATIVE.

WHEREAS, the City of El Monte has a strong interest and moral obligation in providing an all encompassing environment that is conducive to the health of children, which lead to better school attendance, improved behavior, lower incidence of illness, and increased attention, creativity, and academic achievement; and

WHEREAS, the City Council of the City of El Monte recognized that obesity is a serious public health threat to the health and wellbeing of adults, children and families in El Monte. While individual lifestyle changes are necessary, individual effort alone is insufficient to combat obesity's rising tide. Significant societal and environmental changes are needed to support individual efforts to make healthier choices; and

WHEREAS, the California Center for Public Health Advocacy (CCPHA) analyzed the 2005 California Physical Fitness Test of 5th, 7th and 9th graders by State Assembly Districts and found that epidemic proportions of childhood obesity were prevalent around the State. More specifically in the 49th Assembly Districts results showed that 31.1% of children are overweight, up from 26.8% in 2001 and 37.3% of children are overweight in El Monte; and

WHEREAS, research has shown that an extra soft drink a day increases a child's risk for obesity by 60 percent, and analysis by CCPHA and the UCLA Center for Health Policy Research found that 41% of children ages 2-11 and 62% of adolescents ages 12-17 consume at least one soda or sugar-sweetened beverage every day; and

WHEREAS, a Harvard School of Public Health study of ninth and tenth grade girls found that those who drank colas were three times more likely to develop bone fractures than those who did not, and among physically active girls, those who drank colas were five times more likely to break bones than those who did not; and

WHEREAS, obese children are at higher risks for long-term health problems such as cardiovascular disease, Type 2 diabetes, asthma, and certain cancers; and

WHEREAS, obesity costs California an estimated \$14.2 billion a year in direct medical costs and lost productivity; and

WHEREAS, there are healthier, alternatives to soft drinks and sugary snacks that can be made accessible to participants in youth-oriented programs and facilities throughout the city; and

WHEREAS, research has confirmed that a policy approach to preventing disease confers significant benefit to the populations at large; and

WHEREAS, the City Council passed Resolution No. 9101 on March 23, 2010 indicating support for participating in the California Healthy Eating Active Living (HEAL) Cities Campaign which in turn supports this effort; and

NOW THEREFORE, THE CITY COUNCIL OF THE CITY OF EL MONTE, CALIFORNIA, DOES HEREBY RESOLVE AS FOLLOWS:

SECTION 1. That all of the food, beverages and snacks authorized for sale in vending machines and snack bars at the youth-oriented facilities throughout the City of El Monte, shall transition to provide healthier options to youth and residents in the following manner:

- a. Effective July 1, 2007, the State of California Legislature implemented SB 12 and SB 965 in all California elementary, middle, and high schools mandating all snack food and beverages on campus to specific content requirements. Effective immediately in the City of El Monte SB 12 and SB 965 will be applicable in all youth-oriented facilities throughout the City to occur no later than June 30, 2012. Senate Bills 12 and 965 (Escutia, 2006) set Nutrition Standards:

For Food and Snacks:

- i. Have no more than 35% of its calories from fat
- ii. Have no more than 10% of its calories from saturated fat
- iii. Be no more than 35% sugar by weight
- iv. Be no more than 250 calories

For Beverages:

- i. Beverages must be fruit based and vegetable based drinks that are at least 50 percent fruit juice without added sweeteners; sanitary drinking water without added sweeteners; milk products including two-percent, one-percent, nonfat, soy, rice and other similar non-dairy drink and electrolyte replacement beverages that contains no more than 42 grams of added sweetener per 20-ounce serving.
 - ii. Flavored milk must be no more that 35% sugar by weight;
- b. Mandate City of El Monte youth-oriented programs and services staff to receive training and updates on incorporating healthy vending and healthy snacks policies to comply with SB12/965 Standards.
 - c. Allow for special events (Concerts in the Park, Holiday House, Children's Day Parade, and Rentals) to be excluded from complying with SB 12/965 Standards.
 - d. Allow for mixed use facilities (Jack Crippen Multipurpose Senior Center) to be excluded from complying with SB 12/965 Standards. Restrict youth access to noncompliant food and beverages 30 minutes before, during and after youth-oriented programs and services.

SECTION 2. That youth-orientated programs funded by the City will ensure that snacks served during programs will comply with this motion and ensure that the message of health is modeled for participating youth;

SECTION 3. That youth-orientated programs that use City facilities will be encouraged to comply with this motion and ensure that the message of health is modeled for participating youth. City staff will offer a healthy snack guide and healthy fundraising options to program leaders to support compliance with the motion;

SECTION 4. That to further promote health in all youth programs, any program that is not primarily physical activity-based will provide 10 minutes of physical activity for every 50 minutes of programming;

SECTION 5. That to assist in the implementation of this resolution, the Mayor and City Council members will appoint and authorize staff, in collaboration with health organizations, such as California Center for Public Health Advocacy, Los Angeles County Department of Public Health, and the Network for a Healthy California to disseminate information on healthier foods and beverages and physical activity program options to all staff and facility participants.

SECTION 6. That this resolution shall become effective immediately and that by December 2011, staff will report to the Mayor and City Council regarding the progress of this resolution.

SECTION 7. That all other resolutions in conflict with this resolution are hereby repealed.

SECTION 8. This Resolution shall take effect upon adoption. The City Clerk shall certify to the adoption of this Resolution.

Passed, approved and adopted this _____ day of _____, _____

Andre Quintero
Mayor of the City of El Monte

ATTEST:

City Clerk of the City of El Monte

STATE OF CALIFORNIA)
COUNTY OF LOS ANGELES)
CITY OF EL MONTE)

I, Lorene Gutierrez, Clerk of the City of El Monte, hereby certify that the foregoing Resolution No. _____ was passed and adopted by the City Council of the City of El Monte, signed by the Mayor and attested to by the City Clerk at a regular meeting of said Council held on the _____ day of _____, _____, and that said Resolution was adopted by the following vote, to-wit:

AYES:

NOES:

ABSENT:

City Clerk of the City of El Monte