

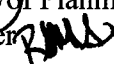


**PLANNING DEPARTMENT  
MEMORANDUM # 14-16**

**DATE:** July 14, 2014  
**TO:** Honorable Mayor Joyce Downing and City Council Members  
**FROM:** John Pick, City Manager   
Brook Svoboda, Director of Planning & Development   
Becky Smith, City Planner   
**SUBJECT:** CR-70 – HEAL (Healthy Eating Active Living) Cities and Towns Campaign

**BACKGROUND**

The Healthy Eating Active Living Cities (HEAL) Campaign is a partnership between LiveWell Colorado and the Colorado Municipal League (CML). The HEAL Cities & Towns Campaign provides free training and technical assistance to help municipal officials adopt policies that improve access to physical activity and healthy food in their communities.

The HEAL Cities Campaign promotes policy options that cities can adopt to improve nutrition and physical activity environments in their communities:

- **Active Community** – Using cities’ planning, zoning, and infrastructure investment to have a positive effect on health. Adopting policies with an eye on access to active living in Northglenn can enhance the lives of all the residents, employees and visitors to the City.
- **Access to Healthy Food** – Encouraging the use of planning, economic development, and public relations tools for attracting and supporting healthy food retailers. When people live near stores or markets that sell vegetables and fruits, they’re more likely to eat these fresh and nutritious foods. The City of Northglenn can work on strategies to improve access to healthy foods for all residents.
- **Healthy Workplace** – Exploring ways to reduce the burden of worker healthcare costs by helping workers to overcome obesity and chronic disease correlated to lifestyle.

Making the healthy choice the easy choice is essential to addressing Colorado’s adult and childhood obesity epidemic, a clear toll on both our health and economy. The state spent \$1.637 billion treating diseases and conditions related to obesity in 2009, with further costs to businesses for lost productivity and absenteeism. The City of Northglenn can address some health concerns by supporting and adopting policies that make active living and healthy eating assessable to all residents, employees and visitors of the community.

**BUDGET IMPACT**

Potential impact primarily includes staff time from researching and proposing changes, public meetings and production of guides and reports to assist the community. Long term, Council may choose to subsidize the implementation of capital projects or programs that encourage HEAL activities to ensure success.

**RECOMMENDATION**

Staff recommends that Council adopt the attached resolution approving the City’s participation in the HEAL Campaign. The resolution is intended to provide direction in the three areas of “active community”, healthy food access”, and “healthy workplace”. Future implementation of specific actions that apply the concepts of the HEAL resolution to City of Northglenn policies, plans, and developments will be decided on a case by case basis, as applicable.

**STAFF REFERENCE**

John R. Pick, City Manager    [jpick@northglenn.org](mailto:jpick@northglenn.org) 303.450.8706

SPONSORED BY: MAYOR DOWNING

COUNCILMAN'S RESOLUTION

RESOLUTION NO.

No. CR-70  
Series of 2014

\_\_\_\_\_  
Series of 2014

A RESOLUTION AFFIRMING THE NORTHGLENN CITY COUNCIL'S COMMITMENT TO PUT HEALTHY OPPORTUNITIES AND CHOICES WITHIN REACH OF ALL RESIDENTS IN THE COMMUNITY AND JOINING LIVEWELL COLORADO'S HEALTHY EATING, ACTIVE LIVING (HEAL) CITIES AND TOWNS CAMPAIGN

WHEREAS, 58% of Colorado adults and a quarter of our children are overweight or obese; and

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

WHEREAS, the nutrition and physical activity choices that individuals make for themselves and their families are influenced by their environment; and

WHEREAS, cities and towns, including Northglenn, have the ability to impact opportunities for healthy eating and active living; and

WHEREAS, local policies on land use & transportation, access to healthy food, and shared use determine whether options for healthy eating and active living are within reach of people who live, work, go to school or play in the city; and

WHEREAS, the City of Northglenn is committed to taking steps to improve the health of the entire Northglenn community by addressing modifiable risk factors, such as individual behaviors; the physical environment; social surrounding; and economic opportunities; and

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

WHEREAS, the City Council is committed to ensuring that members of our community have access to open space, trails, parks and opportunities for outdoor recreation; and

WHEREAS, the City of Northglenn offers a wide variety of scheduled fitness programs for all ages in the community to participate at the Northglenn Recreation Center in addition to the many parks and trails community members can use for enjoyment and physical activity; and

WHEREAS, the City of Northglenn was the first in Colorado to receive the Playful City USA designation, which supports the City's dedication to providing play spaces in our community for the purpose of generating happier, smarter and healthier children; and

WHEREAS, the City has been awarded this Playful City USA designation for the sixth

year in a row; and

WHEREAS, the City offers free drop in use of the Recreation Center and resident rates to employees for all programs that require registration; and

WHEREAS, the City has partnered with Food Bank of the Rockies for the Kids Café program, as well as Family Totes and Senior Totes program in order to provide free meals for individual children under the age of 18, seniors and families with children; and

WHEREAS, the City partners with Kaiser Permanente's Healthworks Program to provide different programs for employees including Smoking Cessation class, Maintain Don't Gain, Health Education Classes, Mix it Up Challenge, Biometric Screening, Thrive Across America, and Total Health Assessment; and

WHEREAS, the City of Northglenn recognizes that obesity and overweight is a serious public health threat to the health and well-being of adults, children and families in Northglenn; and

WHEREAS, LiveWell Colorado is a nonprofit organization committed to preventing and reducing the rate of obesity in the state by promoting healthy eating and active living in the places we live, work, learn and play; and

WHEREAS, LiveWell Colorado created the Healthy Eating Active Living (HEAL) Cities and Towns campaign to assist communities with their health and wellness efforts; and

WHEREAS, the City of Northglenn will partner with LiveWell Colorado to participate in the HEAL Cities and Towns campaign.

NOW, THEREFORE, BE IT RESOLVED BY THE CITY COUNCIL OF THE CITY OF NORTHGLENN, COLORADO, THAT:

Section 1. The City of Northglenn intends to create a Wellness Committee whose goal will be to identify additional policy areas that will contribute to overall health in the Northglenn community and make recommendations for further carrying Northglenn's commitment in this resolution.

Section 2. That the Northglenn City Council, planners, engineers, parks and recreation department, economic development personnel and personnel responsible for the design and construction of parks, neighborhoods, streets and business areas intend to support an active community by:

- A. Supporting amendments to Zoning Ordinances and Comprehensive Plans that focus on Healthy City themes that continue to encourage healthy eating and active living whenever possible, including Complete Streets policies, compact, mixed-use and transit-oriented development;
- B. Including health goals and policies related to physical activity in the strategic plan update and specific area plans, taking into consideration the impact land use

decisions and design can have on lifestyles that lead toward healthy, active communities;

- C. Building incentives for development project proposals to demonstrate favorable impact on resident and employee physical activity;
- D. Prioritizing capital improvements projects to increase the opportunities for physical activity;
- E. Expanding walking and biking connectivity between residential neighborhoods and schools, parks, recreational resources and retail, and making multimodal transit more accessible;
- F. Examining racial, ethnic, and socio-economic disparities in access to physical activity facilities or resources and adopt strategies to remedy these inequities;
- G. Collaborating with other organizations to provide facilities that promote active living;
- H. Continuing numerous recreation programs that are targeted for active living including classes and workshops, youth and teen programs, and senior programs.

Section 3. That the Northglenn City Council, planners, economic development personnel and personnel responsible for the design and construction of parks, neighborhoods, streets and business areas intend to support healthy food access by:

- A. Considering amendments to the comprehensive plans and zoning ordinances that support healthy eating when the opportunities arise, including prioritizing healthy food retail in compact, mixed-use and transit-oriented development policies, proposals and projects;
- B. Facilitating the siting of new grocery stores, community gardens and farmers markets in underserved communities to increase access to healthy food, including fresh fruits and vegetables;
- C. Including health goals and policies related to access to healthy food in the strategic plan update;
- D. Building incentives for development project proposals to increase access to healthy food by residents and employees;
- E. Examining racial, ethnic, and socio-economic disparities in access to healthy foods and adopt strategies to remedy these inequities;
- F. Mapping existing food resources for Northglenn residents that includes both fresh and non-perishable foods from entities such as food banks, community gardens, locations of farmer's markets, nutrition classes and information on who and where free meals are offered year round;

- G. Communicating to the community, and incorporating in the City's Comprehensive Plans, the importance and relevance of Healthy Eating Active Living ("HEAL").

Section 4. That in order to promote wellness within the City of Northglenn, and to set an example for other businesses, Northglenn pledges to adopt and implement an employee wellness policy that will:

- A. Continue to offer employee health incentives for healthy eating and physical activity;
- B. Establish physical activity breaks for meetings over one hour in length;
- C. Encourage walking meetings and use of stairways;
- D. Continue to offer a number of wellness-related learning opportunities including healthy cooking, exercise, nutrition for parents and stress management;
- E. Encourage nutrition standards for vending machines located in city owned locations;
- F. Encourage nutrition standards for food offered at city events, city sponsored meetings, served at city facilities and city concession, and city programs.

DATED at Northglenn, Colorado, this \_\_\_\_\_ day of \_\_\_\_\_, 2014.

\_\_\_\_\_  
JOYCE DOWNING  
Mayor

ATTEST:

\_\_\_\_\_  
JOHANNA SMALL, CMC  
City Clerk

APPROVED AS TO FORM:

\_\_\_\_\_  
COREY Y. HOFFMANN  
City Attorney