

# WeTHRIVE! Initiative

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## *Chronic Disease Resolution Model*

### **PREAMBLE**

WHEREAS, in Hamilton County 57 percent of adults are overweight or obese, 31.7 percent of third graders are overweight or obese, 80 percent of children who are overweight at age 10 will be obese as an adult, and over the past 40 years childhood obesity has increased more than fourfold in those ages 6 to 11 years;

WHEREAS, overweight children and adults are at greater risk for numerous adverse health consequences, including type 2 diabetes, heart disease, stroke, high blood pressure, high cholesterol, certain cancers, asthma, low self-esteem, depression and other debilitating diseases;

WHEREAS, the cost of obesity and chronic disease in Ohio is \$56.8 billion each year;

WHEREAS, good nutrition is a central part of any obesity prevention effort as healthier diets could save at least \$71 billion per year in medical costs, lost productivity and lost lives in the U.S.;

WHEREAS, only 7.2 percent of Ohio students (grades 9-12) report eating the recommended servings of fruits and vegetables per day; and in Hamilton County, only 25 percent of adults consume the recommended servings of fruits and vegetables per day.

WHEREAS, infants who are breastfed are less likely to become obese children or adults;

WHEREAS, most Americans are failing to meet the Centers for Disease Control and Prevention's recommendations of at least 30 minutes of moderate physical activity at least five days a week for adults, and at least 60 minutes of moderate to vigorous intensity physical activity for children every day; and Ohio students in Grades K-8 receive an average of 72.7 minutes of physical education/week, well below the national recommendation of 150 minutes/week for elementary school children and 225 minutes/week for middle school students;

WHEREAS, research shows that not only does Hamilton County have a high rate for childhood obesity, but specific populations including African-American, Hispanic and low-income families are disproportionately affected;

WHEREAS, in many communities, families have limited access to full-service supermarkets and no safe places to play;

WHEREAS, low-income communities are less likely to have places where people can be physically active, such as parks, green spaces, and bike paths and lanes;

WHEREAS, children in rural areas and towns have less access to places to play than children in urban areas and suburbs;

WHEREAS, improvements to the “built environment” – including, bike and pedestrian friendly streets, adequate public transportation, access to healthy food retailers, access to parks, trails and grocery stores, or the lack thereof – have a significant impact on obesity rates;

WHEREAS, individual effort alone is insufficient to combat obesity’s rising tide and significant societal and environmental changes are needed to support individual efforts to make healthier choices;

NOW, THEREFORE, LET IT BE RESOLVED, that [Municipality / Adopting body] hereby recognizes that chronic disease is a serious public health threat to the health and wellbeing of adults, children, and families in [Municipality]. And in light of the foregoing considerations, [Municipality] commits to the *WeTHRIVE! Community Wellness Resolution* and to do all it can to decrease the rate of chronic disease in its communities; and to implementing the necessary laws or policies to create work, school, and neighborhood environments conducive to healthier eating and increased physical activity among residents.

## **I. Built Environment**

BE IT FURTHER RESOLVED that [Municipality / Adopting body] directs all staff responsible for the design, approval, and construction of neighborhoods, streets, and business areas, including planners, engineers, public works staff, and community economic development and redevelopment personnel, to make every effort to:

- Prioritize capital improvement projects that increase opportunities for physical activity in existing areas;
- Plan and construct a built environment that encourages regular walking, biking, public transportation use, and other forms of physical activity by encouraging compact development, mixed land use within neighborhoods, and complete streets that are safe and welcoming for pedestrians, bicyclists, public transportation riders, and people of all ages and abilities; and
- Increase the number of grocery stores in underserved communities and take other actions to increase these communities’ access to healthy food, including fresh fruits and vegetables.

BE IT FURTHER RESOLVED that [Municipality / Adopting body] directs the [Planning Department Director / City Manager] to review comprehensive plans, zoning ordinances, subdivision regulations, and other plans, codes, and regulations, and report to the [Adopting body] with a draft of proposed revisions that could increase access to healthy foods, decrease access to unhealthy food retail outlets, and increase opportunities for physical activity within [insert appropriate period]. In conducting the aforementioned review and report, the [Planning Department Director / City Manager] shall also consider implementing zoning restrictions on unhealthy food retail outlets, such as fast food restaurants. The report shall also include an examination of racial, ethnic, and socio-economic disparities in access to healthy foods and physical activity facilities or resources, and proposed strategies to remedy these inequities.

## **II. Access to Healthy Food**

BE IT FURTHER RESOLVED that in an effort to support community gardens, markets, and food systems change, [Municipality / Adopting body] directs the [Department of Public Works / Department of Real Estate / other appropriate agency] to inventory property owned by [Municipality] and determine where there is unused land that [Municipality] could provide to the public for community gardening.

BE IT FURTHER RESOLVED that [Municipality] recognizes that community gardens can improve nutrition, physical activity, community engagement, safety, and economic vitality for a neighborhood and its residents, and provide environmental benefits to the community at large. Therefore, [Municipality / Adopting body] supports efforts to establish community gardens and encourages businesses, housing providers, faith-based organizations, private citizens, and government agencies to donate or otherwise provide land to communities for gardening.

BE IT FURTHER RESOLVED that [Municipality / Adopting body] directs the [Department of Public Works / Department of Real Estate / other appropriate agency] to review and revise all laws and policies that might erect unnecessary barriers to community gardening, farmers' markets, or related activities. The director of the [Department of Public Works / Department of Real Estate / other appropriate agency] shall report its findings to the [Adopting body] within [insert appropriate period] of the date this resolution is adopted.

BE IT FURTHER RESOLVED that [Municipality] pledges to support community efforts to establish and maintain farmers' markets, recognizing that farmers' markets provide fresh produce to community residents, support small farmers, and build community.

BE IT FURTHER RESOLVED that [Municipality / Adopting body] strongly encourages farmers' markets to accept EBT (electronic benefit transfer) cards and WIC (Special Supplemental Nutrition Program for Women, Infants, and Children) vouchers to increase access to healthy food for low-income families.

### **III. Schools**

BE IT FURTHER RESOLVED that [Municipality] pledges to support schools' efforts to promote physical activity and good nutrition by:

- Working with school districts, parent-teacher organizations, student organizations, and community groups to expand youth and community opportunities for physical activity through after school, weekend, and summer programs and by implementing joint use agreements and other cooperative arrangements;
- Supporting schools' efforts to cultivate school gardens;
- Supporting schools' efforts to implement farm-to-school programs;
- Supporting school's efforts to implement competitive food policies;
- Collaborating with school districts to facilitate the location of schools within walking and biking distance of the neighborhoods they serve; and
- Supporting school districts' efforts to establish and implement safe routes to school programs.

### **IV. Parks and Recreation**

BE IT FURTHER RESOLVED that [Municipality / Adopting body / Department of Parks and Recreation] shall review existing beverage and snack vending machine contracts, and upon renewal, revise these contracts to eliminate [all / at least 75% of] sugar-sweetened beverages and snacks high in sugar and fat, and replace them with snacks and beverages that support good health and nutrition, by [insert appropriate date].

BE IT FURTHER RESOLVED that [Municipality / Adopting Body] encourages residents to use local parks and hereby directs the Director of the [Department of Parks and Recreation] to create and publish a "Family Resource Guide to Programs, Parks and Activities." This guide shall be available to the public on the municipal website, at parks and recreation offices, and at community centers within [3 months / 6 months / one year] of the date this resolution is adopted. The guide shall include recommendations for being more physically active, as well as a list and descriptions of all public parks, playgrounds, and community programs involving physical activity within the municipality.

### **V. Community and Day Care Centers**

BE IT FURTHER RESOLVED that [Municipality / Adopting body] strongly encourages community centers, day care centers, after-school programs, and other youth-centered organizations to:

- Serve foods and beverages in accordance with the [USDA Dietary Guidelines for Americans / Institute of Medicine’s Nutrition Standards for Foods in School/ Child and Adult Care Food Program/ WeTHRIVE! Child Care Wellness Resolution] while eliminating foods and beverages of minimal nutritional value;
- Expand opportunities for children and families to engage in physical activity wherever practical; and
- Integrate the promotion of healthy eating and active living into their program activities.

## **VI. Employee Wellness**

BE IT FURTHER RESOLVED that in order to promote employee wellness within [Municipality], and to set an example for other businesses, [Municipality / Adopting body] hereby directs the director of [the Department of Human Resources / other appropriate department or agency] to work with key stakeholders, including management municipal employees, and union representatives to draft a plan for [implementing / enhancing] a municipal employee wellness program. In addition to the proposed wellness policy, the plan shall include estimated program costs and estimated potential savings from improved employee health and wellbeing. The director of [the Department of Human Resources / other appropriate agency] shall present the plan for the municipal employee wellness program to the [Adopting body] within [insert appropriate period] of the date this resolution is adopted.

BE IT FURTHER RESOLVED that [Municipality / Adopting body] strongly encourages private employers to adopt and implement employee wellness programs to promote physical activity and healthier eating.

## **VII. Tobacco-Free Community**

BE IT FURTHER RESOLVED that [Municipality/ Adopting body] directs the governing body to draft and vote on a policy that all property and facilities owned by [Municipality/ Adopting body], both indoor and outdoor, shall be 100% tobacco-free

## **VIII. Implementation**

BE IT FURTHER RESOLVED that the head of each affected agency or department, including the [Director of Community and Economic Development, Director of Parks and Recreation, City Manager’s Office, Director of Public Works / Department of Real Estate / insert relevant departments] shall report back to the [Adopting body] [annually / within one year of the date of Resolution’s adoption] regarding steps taken to implement this Resolution, additional steps planned, and any desired actions that would need to be taken by [Adopting body] or other agencies or departments to implement the steps taken or planned.