



City of Tualatin

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TUALATIN PARK ADVISORY COMMITTEE

MEETING NOTICE

DATE: **Thursday May 16, 2013**

TIME: **6:00 PM**

PLACE: **Juanita Pohl Center – Multi-Purpose Room
8513 SW Tualatin Road (Inside Tualatin Community Park)
Tualatin, Oregon 97062**

AGENDA

- A. Call to Order
- B. Approval of Minutes: April 9, 2013
- C. Communications
 - 1. Public
 - 2. Chairperson
 - 3. Staff
 - a. Centennial Celebration Update
 - i. House Concurrent Resolution 19
 - b. Tualatin TRYathlon
- D. Old Business
 - 1. SW Corridor
 - a. Update on the SW Corridor project from Ben Bryant
 - 2. Linking Tualatin
 - a. Update on the Linking Tualatin project
 - 3. Lafky Park Playground Replacement Project
 - a. Update on the Lafky Park Playground Replacement Project
- E. New Business
 - 1. HEAL and Let's Move Initiatives

a. Discussion of how HEAL and Let's Move initiatives can help further the Council goals and TPARK's current and possible future roles. Discussion about ways to market the issue and how City missions, programming, and facilities support healthy, eating and active living, and reducing childhood obesity.

F. Future Agenda Items

G. Communications from TPARK Committee members (All)

H. Adjournment



OFFICIAL (DRAFT)

TIN PARK ADVISORY COMMITTEE MINUTES – April 9, 2013

MEMBERS PRESENT: Connie Ledbetter, Dana Paulino, Valerie Pratt, Stephen Ricker, Kay Dix, Dennis Wells

MEMBERS ABSENT: Bruce Andrus-Hughes

STAFF PRESENT: Carl Switzer, Parks and Recreation Manager

PUBLIC PRESENT: Joe Lipscomb

OTHER: Cindy Hahn, Associate Planner
Tom Steiger, Parks Maintenance Manager

A. CALL TO ORDER

Meeting called to order at 6:05 p.m.

B. APPROVAL OF MINUTES

March 21, 2013 minutes unanimously approved.

C. COMMUNICATIONS

C.1 Public – None

C.2 Chairperson – None

C.3 Staff - Staff provided a recap of the Arbor Week Celebration.

D. OLD BUSINESS

D.1 Linking Tualatin

Cindy Hahn, Associate Planner, updated TPARK on the status of Linking Tualatin. TPARK expressed general support for the plan to date but collectively stated their strong support for keeping bike and pedestrian facilities included in the plan as they are integral in a strong transportation system. Joe Lipscomb (public) spoke to the need to have paths and trails included in the plan and that better transit service needs to be delivered to industrial areas of Tualatin.

D.2 SW Corridor

A status report for the project was discussed. Community Development staff will provide further information at the May TPARK meeting.

E. NEW BUSINESS

E. 1. Lafky Park Playground Replacement Project

The outcomes of the Public Design Workshop were presented. After a lengthy and spirited discussion the Tualatin Park Advisory Committee made a recommendation on which playground equipment vendor should be used and made recommendations on what equipment should be purchased and installed. Their recommendations supported the outcomes of the public design workshop.

F. FUTURE AGENDA ITEMS

F.1 Linking Tualatin and SW Corridor Plan updates

F.2 TPARK Enabling Ordinance review

G. COMMUNICATION FROM TPARK MEMBERS (All)

None.

H. ADJOURNMENT

The meeting was adjourned at 8:10 p.m.

House Concurrent Resolution 19

Sponsored by Representative PARRISH, Senator DEVLIN

SUMMARY

The following summary is not prepared by the sponsors of the measure and is not a part of the body thereof subject to consideration by the Legislative Assembly. It is an editor's brief statement of the essential features of the measure **as introduced**.

Commemorates 100th anniversary of founding of City of Tualatin.

CONCURRENT RESOLUTION

Whereas Native Americans have resided in the Tualatin River Basin, home to the Atfalati Tribe, for thousands of years; and

Whereas on September 27, 1850, the Congress of the United States passed the Donation Land Claim Act whereby United States citizens could earn land title through cultivation of the land, and between 1850 and 1853 some 30 families settled in the Tualatin River Basin area; and

Whereas the first town plat was drawn in 1887 around a new railroad line, and the settlement was named Tualatin; and

Whereas the City of Tualatin was incorporated in 1913; and

Whereas the City of Tualatin has grown in population from approximately 150 residents at the time of incorporation to 26,120 in its centennial year; and

Whereas the City of Tualatin has grown to become a community of engaged citizens, with a diverse and robust economy, beautiful parks and natural areas and a high quality of life for its residents; and

Whereas residents of the City of Tualatin are urged to learn more about the city's past, to make positive contributions in the present and to help leave a healthy legacy for the city's future; and

Whereas the City of Tualatin, Mayor Lou Ogden, City Council President Monique Beikman, Councilors Wade Brooksby, Frank Bubenik, Joelle Davis, Nancy Grimes and Ed Truax and the Tualatin Chamber of Commerce encourage all Oregon residents to participate in the City of Tualatin's Centennial Celebration, a year-long array of programs and activities to recognize the city's 100th anniversary; now, therefore,

Be It Resolved by the Legislative Assembly of the State of Oregon:

That we, the members of the Seventy-seventh Legislative Assembly, commemorate the occasion of the 100th anniversary of the founding of the City of Tualatin and extend our gratitude and best wishes to those who live in and serve the City of Tualatin.

NOTE: Matter in **boldfaced** type in an amended section is new; matter [*italic and bracketed*] is existing law to be omitted. New sections are in **boldfaced** type.

Waiver of Liability and Photo Release I recognize and acknowledge that there are certain risks of physical injury and property as my child participates in this program, and I agree to assume the full risk of any injuries, including loss of life, personal injuries, property damages, and expenses, which my child may sustain as a result of participating in any and all activities connected with or associated with the program.

I further agree to waive and relinquish all claims to fully release, discharge, indemnify, hold harmless and defend the City of Tualatin, the Tigard-Tualatin School District, the Tigard-Tualatin Aquatics District and their employees, volunteers, agents and servants (Individually and Collectively the "Released Parties" or "Event Organizers"), from any and all claims resulting from injuries, including loss of life, personal injuries, property damages, and expenses, sustained by me and arising out of, connected with, or in any way associated with the activities of the program. The participant assumes all risks associated with participation in the program; the Event Organizers assume no liability for injury or damages arising from participation in the program. Due to the strenuous nature of some activities, the participant, or if the participant is a child, the child's parent or guardian is encouraged to consult his or her physician concerning the participant's fitness to participate in the program. The participant consents to the City of Tualatin's use of any photographs taken of the program.

I understand and acknowledge the physical and mental rigors associated with triathlon events. I understand that participation involves risks and dangers which include, without limitation, the potential for serious bodily injury, permanent disability, paralysis and death; loss or damage to property; exposure to extreme conditions and circumstances; accidents, illness, contact or collision with other participants, spectators, vehicles or other natural or manmade objects; dangers arising from adverse weather conditions; imperfect course conditions; water, road and surface hazards; equipment failure, inadequate safety measures, participants of varying skill levels; situations beyond the immediate control of the event organizers; and other undefined harm or damage which may not be readily foreseeable, and other presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the event, or the acts, inaction or negligence of the Released Parties defined above, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses which I incur as a result of my participation in the Event.

Medical Release In case of emergency, accident or illness, I give my permission for the above participant to be treated by a professional medical person and admitted to a hospital, if necessary. I agree to be the party responsible for all medical and hospital expenses incurred on behalf of the above participant. If there are any special auxiliary aids or services that are necessary to reasonably accommodate the participant with a disability an equal opportunity to participate in and enjoy the benefits of the program or activity, please specify them on a separate, confidential sheet.

Parent Permission I (we), parents(s) of [or legal guardian(s) for] the above participant, hereby consent to her/him participating in this Program. I authorize the leadership to transport the above named participant to the nearest hospital in case of injury or suspected injury while the participant is involved in this Program. On behalf of the participant listed above, I accept the waiver of liability and medical release provisions of this registration form. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: The City of Tualatin, Tigard-Tualatin School District, and the Tigard-Tualatin Aquatics District, with respect to any liability, claim(s) demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorney fees) of any kind or nature ("Liability") which may arise out of, result from, or relate to my participation in the event, including claims for Liability caused in whole or in part by the negligence of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liability which any may be incurred as a result of such claim. I have read the Waiver of Liability, Medical Release, and Parental Permission, and understand all of their terms.

Parent/Guardian Signature

Date

TUALATIN TRYATHLON 2013



\$5 BIKE HELMETS **BBQ LUNCH** **RUN**
Crafts **BOUNCE** **MUSIC**
BIKE **HOUSE**
TVF&R'S SAFETY HOUSE **SWIM**



**RANDALL CHILDREN'S
HOSPITAL**
LEGACY EMANUEL



REGISTER ONLINE TODAY!

www.tualatinoregon.gov/recreation/tualatin-tryathlon

When and where is the Tualatin TRYathlon held?

The Tualatin TRYathlon will be held on Saturday, June 1 at Tualatin High School. Registration opens at 8:00am, and the first heat begins at 9:00am. Parking is available in the High School south parking lot.

How do I register?

Register online at www.tualatinoregon.gov/recreation/tualatin-tryathlon or return this form with payment to City of Tualatin, Community Services Department, 18880 SW Martinazzi Ave, Tualatin, OR 97062. Sorry, no refunds can be given. **The pre-registration deadline is May 16!**

What does the registration fee cover?

Your \$10 registration fee includes an event t-shirt, participation ribbon, and a BBQ lunch. This year, a portion of the proceeds will be donated to the Tualatin Recreation Scholarship Fund.

Oh no! We missed the registration deadline! Can we still participate?

Yes! Just come to the registration tent at 8:00am on June 1! Sorry, we cannot provide t-shirts to day-of event registrants.

What if it rains?

The Tualatin TRYathlon is a rain or shine event! Be prepared and bring clothing for inclement weather.

Can I use water wings, a life jacket, or other types of flotation devices?

Sorry, outside flotation devices are not allowed in the pool. Kickboards are available for those who would like them.

Can parents participate?

Yes! Parents are welcome to join their child on the running and biking portions of the TRYathlon. Due to space restrictions, parents may not swim with their child.

What should we bring?

All participants should bring a bicycle, bike helmet, swimsuit, towel, clothes to put on over swimsuit, running shoes, and extra socks. You may also want to bring sunscreen, swim goggles, a swim cap, and extra warm clothes. There will be limited locker room space, so wearing your swimsuit under your running and biking clothes is highly recommended (this is what is done in competitive triathlons!).

Where do we keep the equipment that isn't being used for a particular leg?

Each participant will be assigned an area in the "transition zone" inside the tennis courts next to the pool. This area will be staffed by volunteers ready to help you find what you need and to help participants enter and exit the transition zone quickly. This is where your bike, bike helmet, towel, and any extra clothing can be stored.

How long will the event take?

All age groups will have different start times and distances. The event is not timed so kids can go at their own pace. Please arrive at least 30 minutes prior to your age group's start time to make sure you are ready to go! Kids will transition immediately from swimming, to biking, to running without a pre-determined break time. When you are finished with your heat, come back to the registration and fun zone for a BBQ lunch, bounce houses, and lots more!

What else is happening at the event?

Come early and pick up a \$5 bicycle helmet for everyone in the family! Stick around and listen to music, walk through TVF&R's Safety House, try out the mini obstacle course, and lots more. Admission for all additional activities is FREE!

For more information, please contact the City of Tualatin:
Julie Ludemann, 503.691.3082, jludemann@ci.tualatin.or.us
Or visit our website at www.tualatinoregon.gov



REGISTRATION AND LIABILITY WAIVER Tualatin TRYathlon June 1, 2013

Pre-registration closes May 16
t-shirts for all pre-registered kids!

*swim in TuHS Pool *run on TuHS track *bike on TuHS Cross Country Path

Ages 6-8 swim 25 yards, bike 2 miles, run .5 mile **10:30 start**

Ages 9-11 swim 50 yards, bike 2 miles, run .75 mile **9:30 start**

Ages 12-15 swim 75 yards, bike 3 miles, run 1 mile **9:00 start**

Child's Name (last): _____ (first): _____

Gender: M F Age: _____ School: _____

T-shirt size: YS YM YL Adult S Adult M Adult L

Parent Name (last): _____ (first): _____

Address: _____ City: _____

Primary Phone: _____ Email: _____

Emergency Contact: _____ Phone: _____

I have read and signed the waiver of liability on the reverse of this form.

*Race packets may be picked up on Thursday, May 30 or Friday, May 31 at the City of Tualatin's Community Services Department, located at 8515 SW Tualatin Rd., or at the event on June 1. Registration opens at 8:00am. Please arrive at least 30 minutes prior to your start time. **Bicycle helmets are required for all participants.***

Registration Fee: \$10 per child

A portion of proceeds will benefit Tualatin Recreation Scholarships

I would like to include an additional donation \$ _____

TOTAL ENCLOSED: _____

Please make checks payable to:
City of Tualatin

REGISTER ONLINE OR COMPLETE THIS FORM AND RETURN TO:

Mailing Address: City of Tualatin, Community Services Department, 18880 SW Martinazzi Ave., Tualatin, OR 97062

Physical Address: 8515 SW Tualatin Rd. For more information, please call 503.691.3082 or email jludemann@ci.tualatin.or.us.

PLEASE READ AND SIGN THE WAIVER OF LIABILITY AND PHOTO RELEASE ON REVERSE. YOUR REGISTRATION IS NOT COMPLETE WITHOUT YOUR SIGNATURE



TO: Tualatin Park Advisory Committee

THROUGH: Carl Switzer

FROM: Ben Bryant, Management Analyst

DATE: 05/16/2013

SUBJECT: Southwest Corridor High Capacity Transit Evaluation Results

ISSUE BEFORE TPARK:

Provide input on the Southwest Corridor high capacity transit evaluation results

EXECUTIVE SUMMARY:

At the last TPARK meeting, Tualatin staff members provided a brief update on the Southwest Corridor Plan and the potential high capacity transit routes. Metro, in partnership with TriMet, ODOT, and the cities within the corridor, developed a set of potential high capacity transit routes in the corridor (Attachment A). These alignments were largely driven by the conceptual land use and transit planning efforts completed by the cities throughout the corridor (i.e. Linking Tualatin).

Since the last meeting, the Metro technical team has been evaluating the different alignments and modes to identify the costs and benefits of each option. Unfortunately, the results were not available in advance of the meeting; however, Tualatin staff members will provide an update on the evaluation results at the meeting. The evaluation results will include the following for each option:

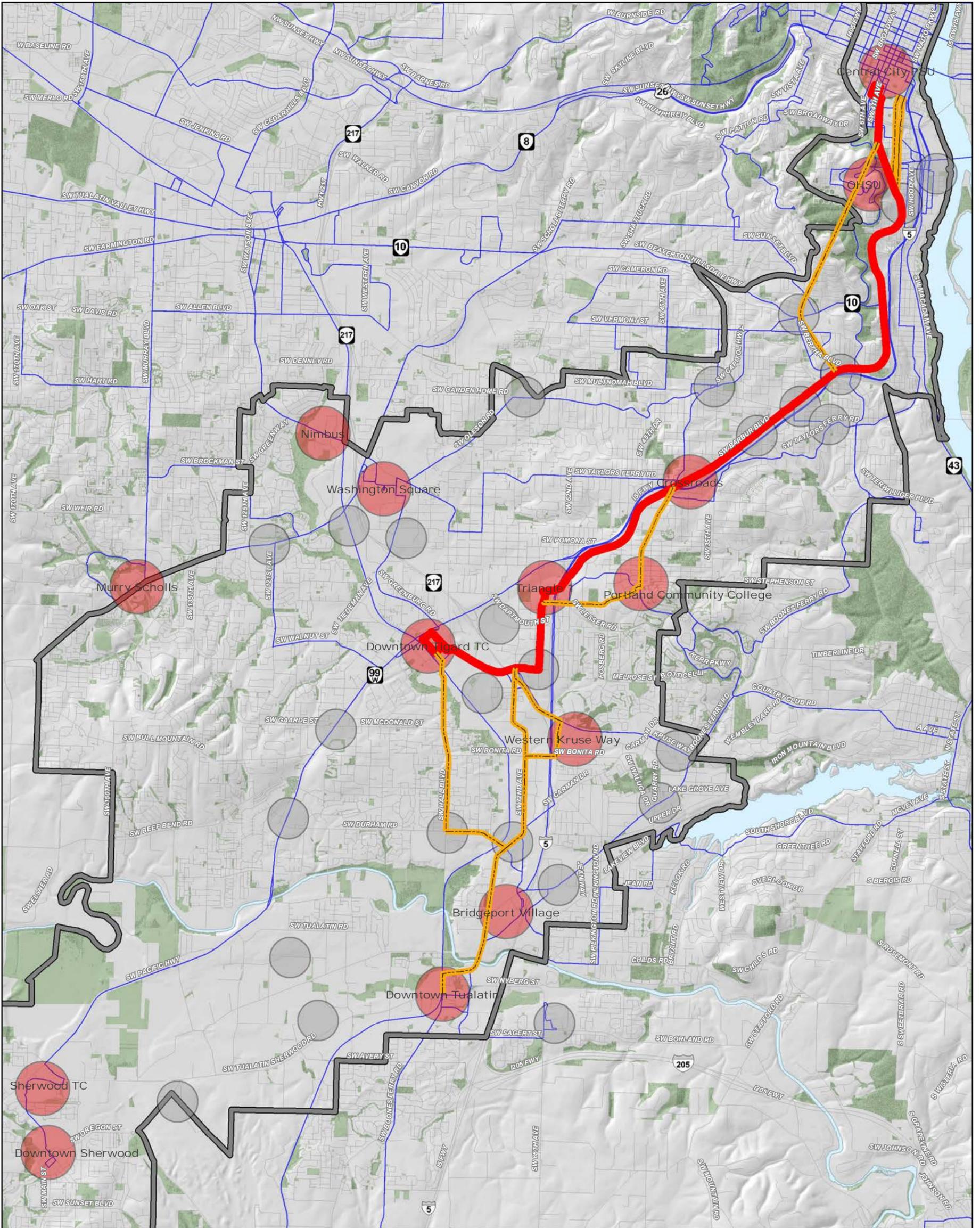
- potential ridership;
- travel time;
- estimated capital costs;
- estimated operating costs; and,
- property impacts.

Tualatin staff members will ask for your initial thoughts and feedback on the evaluation results at the meeting.

Next Steps

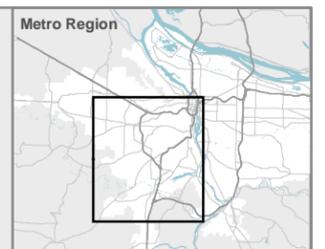
In June, the TPARK will be asked to provide a recommendation to the Tualatin City Council on which alignment option(s) are best for Tualatin. This recommendation will filter through the City Council to the Southwest Corridor Steering Committee in July when it makes a final decision on which transit route(s) to advance into a draft environmental impact analysis for further study. To help provide input for that decision, there will be extensive public outreach in the upcoming months. Please see Attachment B for a schedule of upcoming events.

Attachments: Attachment A: Potential High Capacity Transit Routes
Attachment B: Upcoming Schedule



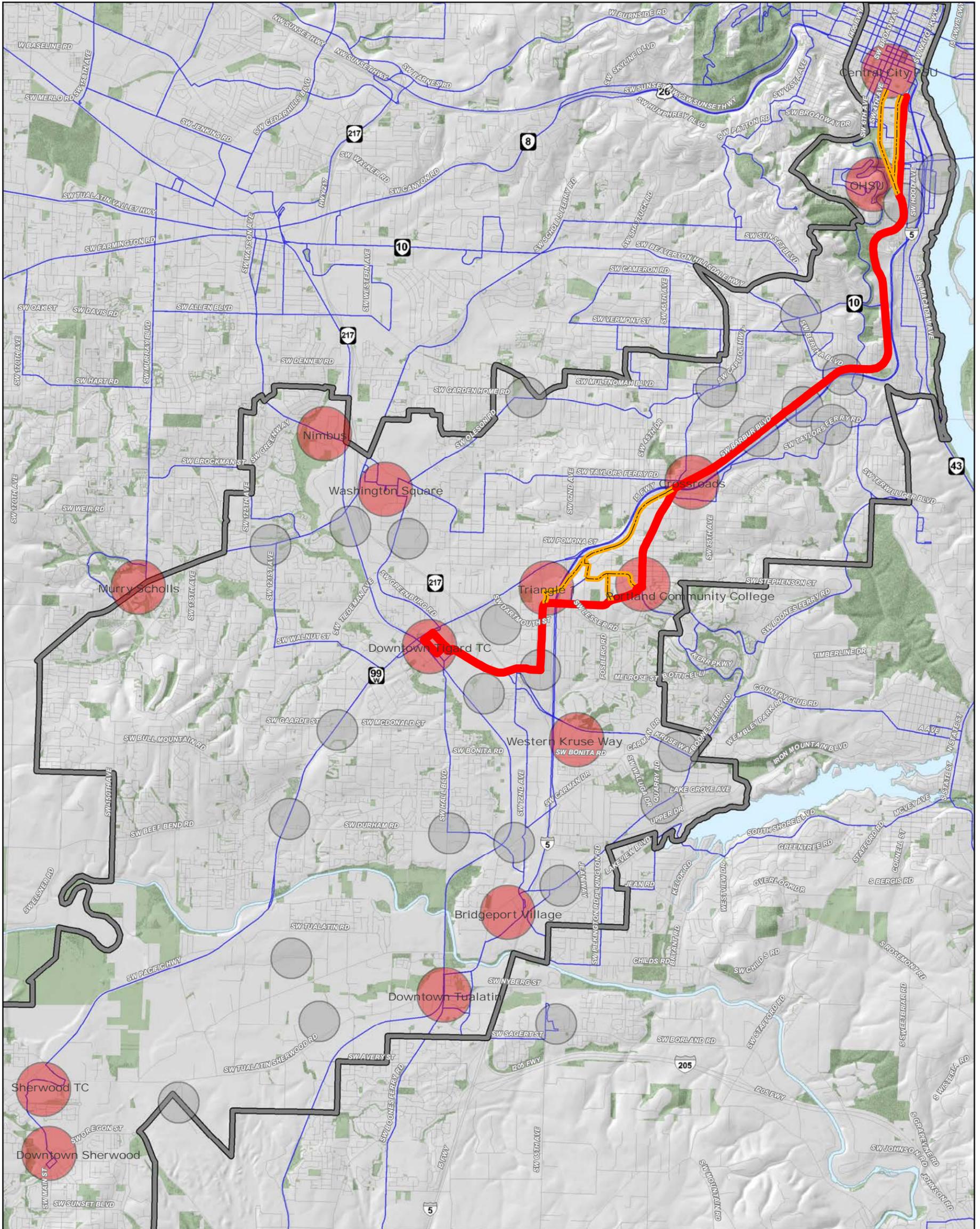
Map 19.A
LRT to Tigard Alignment Options

- Baseline
- - - Alternatives Alignment
- Existing Transit
- Streets
- Study Area
- Other Identified Places
- Priority Places



0 0.5 1 Miles





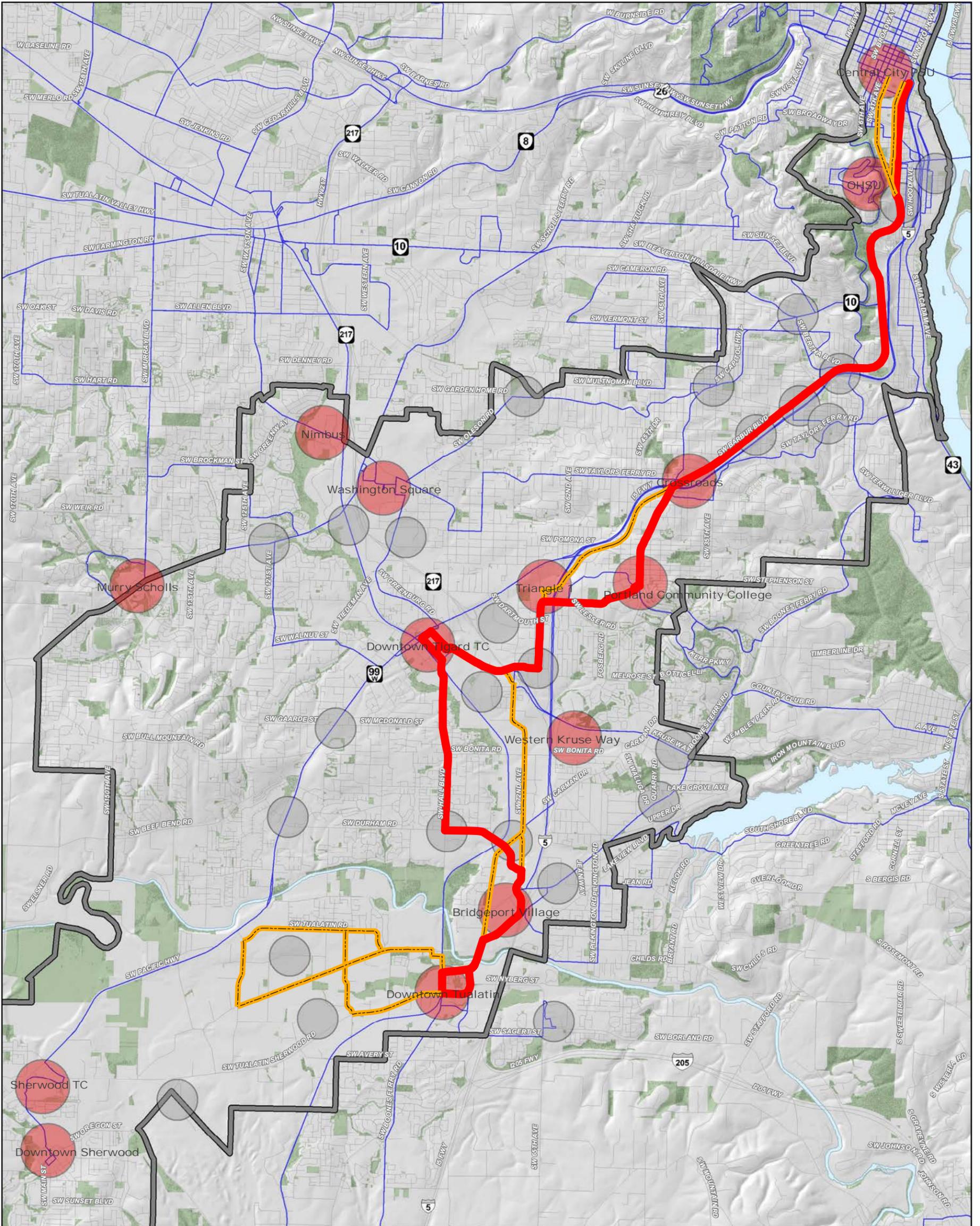
Map 19.B
BRT to Tigard Alignment Options

- Baseline
- - - Alternative Alignments
- Existing Transit
- Streets
- Study Area
- Other Identified Places
- Priority Places



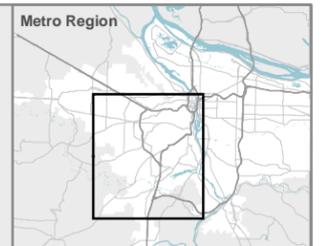
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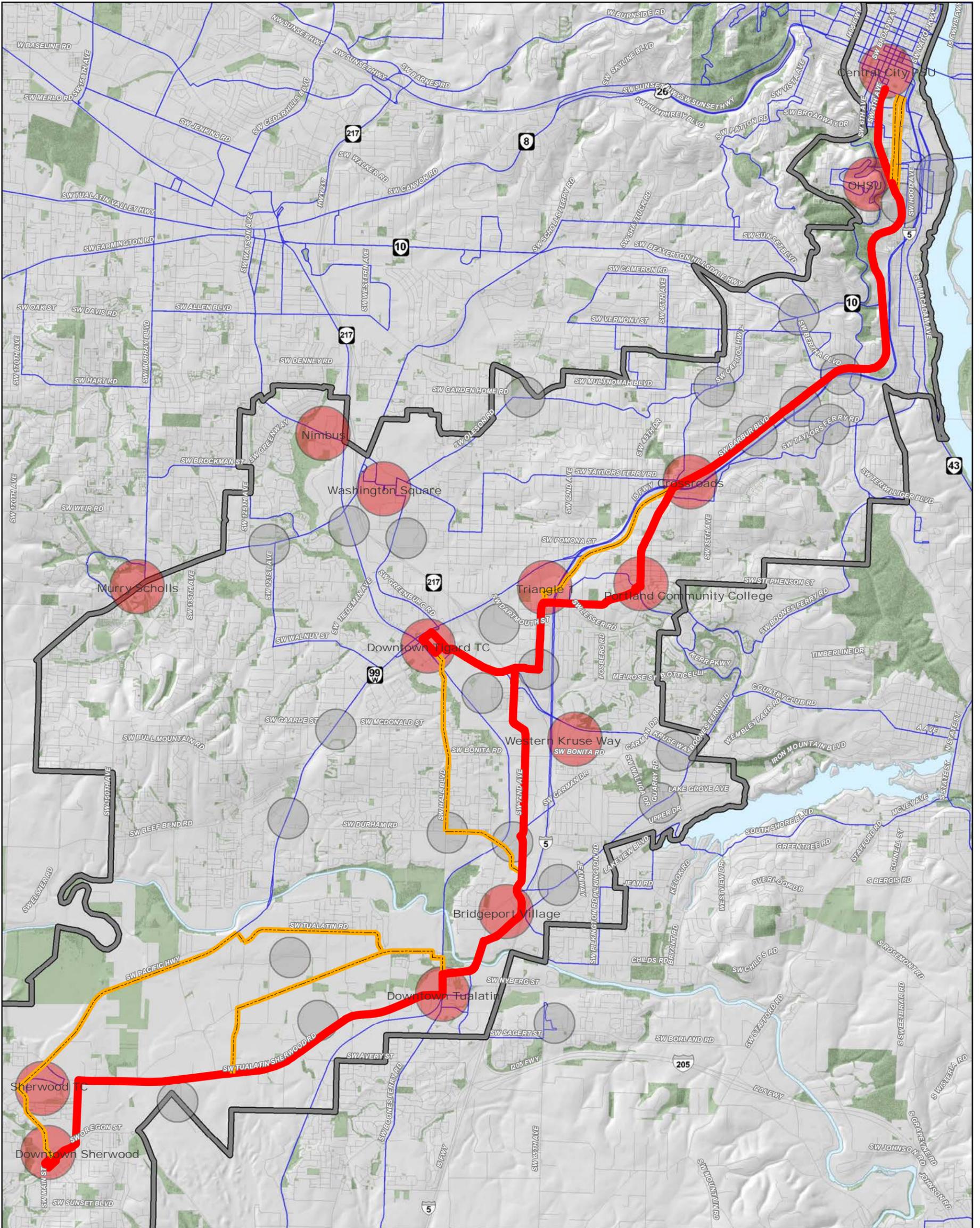
Map 19.C
BRT to Tualatin Alignment Options

- Baseline
- - - Alternative Alignments
- Existing Transit
- Streets
- Study Area
- Other Identified Places
- Priority Places



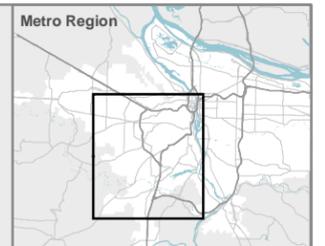
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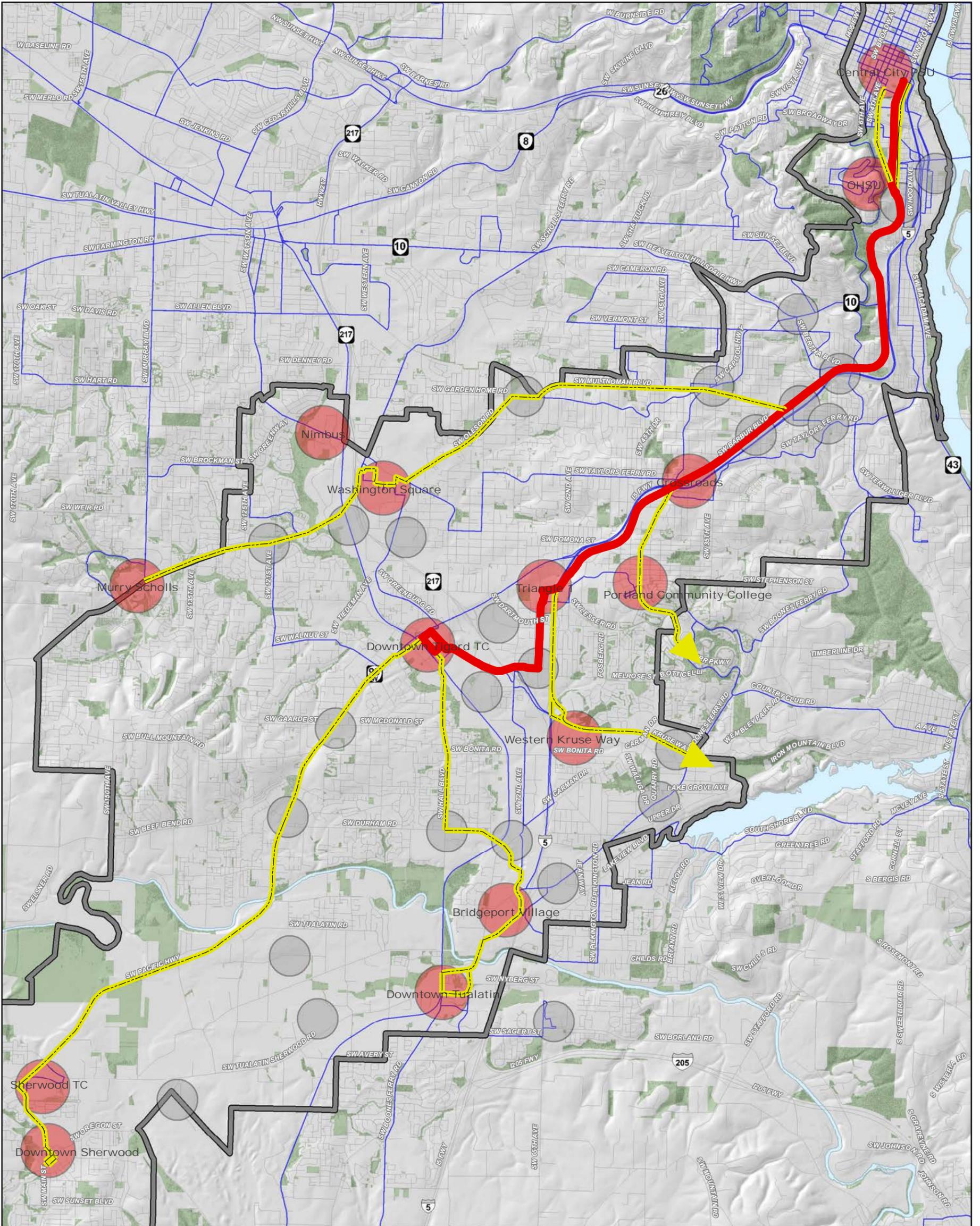
Map 19.D
BRT to Sherwood Alignment Options

- Baseline
- - - Alternative Alignments
- Existing Transit
- Streets
- Study Area
- Other Identified Places
- Priority Places



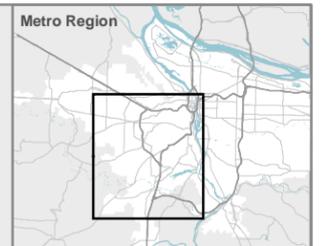
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Map 19.E
BRT Hub and Spoke Alignment Options

- Baseline
- - - Spokes
- Existing Transit
- Streets
- Study Area
- Other Identified Places
- Priority Places



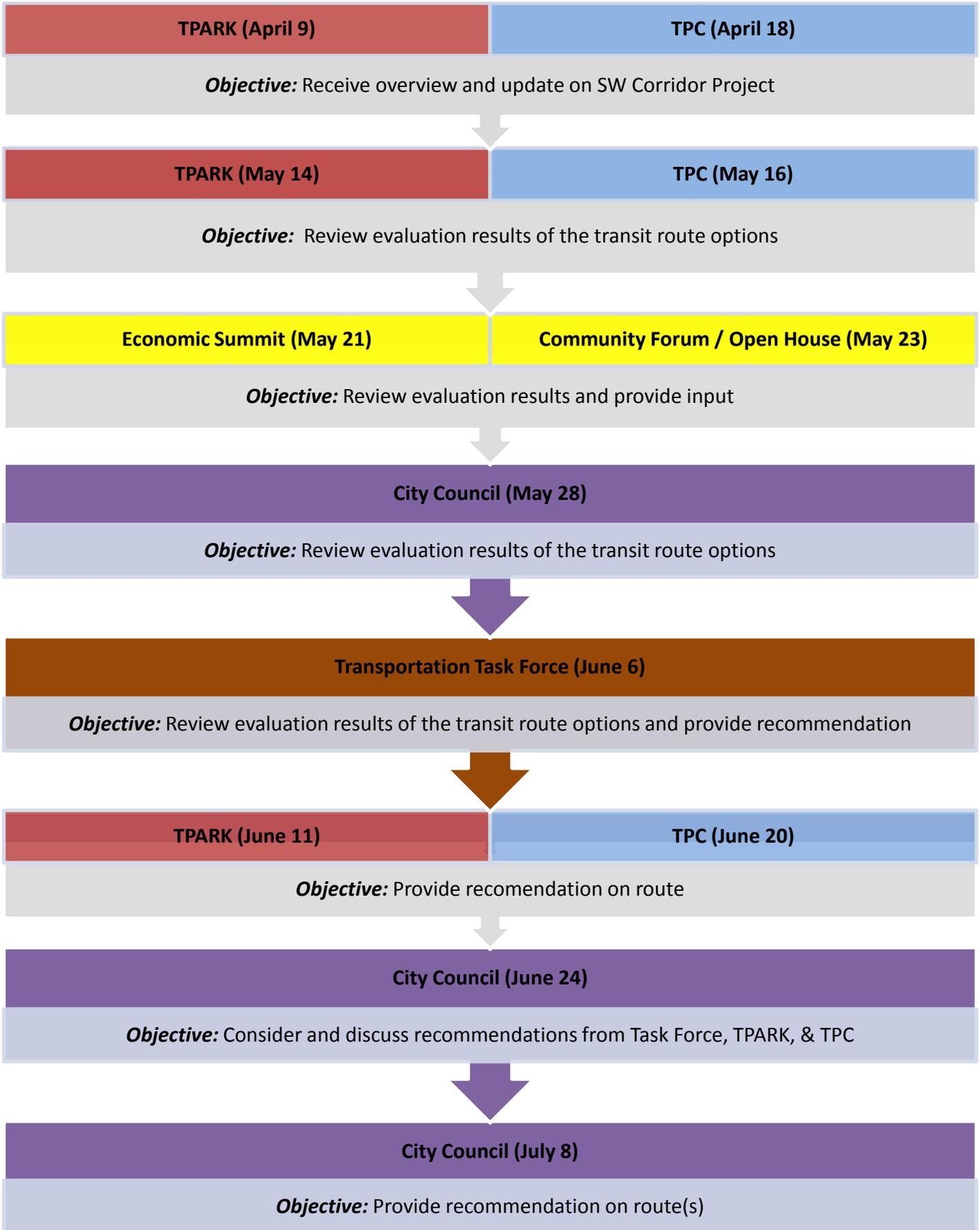
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Attachment B

Southwest Corridor Public Outreach

Developing Tualatin's Recommendation



CARL SWITZER

From: CINDY HAHN
Sent: Wednesday, May 08, 2013 2:33 PM
To: CARL SWITZER
Cc: Paul Hennon; AQUILLA HURD-RAVICH; Alice Rouyer
Subject: Memo to TPARK re: Linking Tualatin Status

Importance: High

To: Tualatin Parks Advisory Committee Members

Re: Linking Tualatin Project Status

In follow-up to my presentation to TPARK on April 9, 2013, I am providing you with this update on the status of Linking Tualatin and steps we will be taking to complete the planning process by mid-June.

Aquilla Hurd-Ravich and I had a good conversation with Paul Hennon on Friday, May 3. He proposed a very elegant solution to incorporating paths and trails into the Linking Tualatin Final Plan that does not require property owner outreach at this time. He asked that we do the following:

- Focus on the public interest in promoting connectivity in the industrial areas by incorporating a policy statement about bicycle and pedestrian connectivity for both commuter and recreation use and public health benefits, and suggested that we look to the TSP for language that could be incorporated.
- Include the map showing paths and trails unique to Linking Tualatin in the Final Plan.
- Set up the list of paths and trails in the Final Plan document so that those ideas can be reviewed by Community Services as part of the Parks and Recreation Master Update.

With regard to the Linking Tualatin Final Plan document, we had a lot of edits to the first version we received from the consultant. Because we want time to make sure the Final Plan is done correctly, and both TPARK and Planning Commission received updates in April about property owner outreach efforts as well as gave us good input that we have incorporated into the document, we are skipping any additional review by these bodies.

With this schedule adjustment we are on track to present the Linking Tualatin Final Plan to City Council for Acceptance at the June 10 meeting. From that we expect direction to bring back a Plan Text Amendment (PTA) for land use code changes, an update to the Capital Improvement Plan (CIP) for local street connections, and direction to forward information to the Park and Recreation Master Plan Update.

If you have any questions about this, please feel free to call or email me.

Thank you,

Cindy

Cindy L. Hahn, AICP

Associate Planner

City of Tualatin | Community Development Department

Phone: 503.691.3029 | Fax: 503.692.0147

chahn@ci.tualatin.or.us

www.tualatinoregon.gov



STAFF REPORT CITY OF TUALATIN

TO: Honorable Mayor and Members of the City Council
THROUGH: Sherilyn Lombos
FROM: Paul Hennon, Community Services Director
DATE: 04/08/2013
SUBJECT: Resolution No. 5134-13 Setting Forth Tualatin's Commitment to Put Healthy Options Within Reach of All Residents

ISSUE BEFORE THE COUNCIL:

The Council will consider adopting a resolution expressing Tualatin's commitment to put healthy options within reach of all residents.

RECOMMENDATION:

The staff respectfully recommends that Council adopt the attached resolution.

EXECUTIVE SUMMARY:

The Council has established goals related to creating a livable, healthy, active community.

The state and federal governments are partnering with the League of Oregon Cities, the National League of Cities, and other organizations to implement initiatives to assist local governments in creating healthy communities and in reducing childhood obesity. These approaches include the Oregon Healthy Eating Active Living Cities Campaign (HEAL Cities Campaign) and the national *Let's Move! Cities, Towns, and Counties* initiative (*Let's Move!*) See Attachments A and B for additional information on the HEAL Cities Campaign and the *Let's Move!* initiative.

Tualatin can work in partnership with the HEAL Cities Campaign and *Let's Move!* to further the Council's goal of creating a livable, healthy, active community.

Both the HEAL Cities Campaign and *Let's Move!* offer free information, technical assistance, and other resources and incentives to help local governments who are working to create healthier communities and reduce childhood obesity.

Tualatin has already taken a number of actions recommended by both HEAL Cities Campaign and *Let's Move!* Some of these include modifying land use and transportation policies, improving access to healthy food options, utilizing shared use agreements, fostering workplace wellness for city employees, and increasing physical activity and access to play.

As a result of these past actions, Tualatin qualifies to join the HEAL Cities Campaign as an "Active City" and would help kick-off the initiative by being among the first cities in Oregon to formally join the HEAL Cities Campaign, and the first to join by resolution of the Council. Currently, the HEAL Cities Campaign is working with 74 cities across the state.

Tualatin has already signed up for the *Let's Move!* initiative and in 2012 achieved a *Let's Move!* Gold Medal for increasing physical activity and access to play.

Despite these accomplishments, there is more that can be done to improve community health and participation in these initiatives is a way to do so with little budgetary impact.

OUTCOMES OF DECISION:

The broad outcome of partnering with the HEAL Cities Campaign and the *Let's Move!* initiative is that Tualatin will become a more livable, healthy, active community with reduced childhood obesity.

Tualatin's approach to partnering with these initiatives would be to work with state and federal representatives to learn about and consider implementation of policy recommendations and other action steps as part of annual work plans in various city departments that are undertaken to further Council goals.

Staff will report back to Council with recommendations from time to time on the status and progress in implementing HEAL Cities Campaign policies and *Let's Move!* action steps.

FINANCIAL IMPLICATIONS:

There will be minimal budgetary impacts since work on these initiatives will be incorporated into already established work plans and projects.

Attachments: [Attachment A - HEAL Cities Campaign Information](#)

[Attachment B - Let's Move! Cities, Towns, and Counties Information](#)

[Attachment C - HEAL Resolution](#)



HEALTHY EATING ACTIVE LIVING **CITIES** CAMPAIGN

Cities' Role in Building a Healthy Community

Why local elected officials and executive staff are embracing the HEAL Cities Campaign.

The Oregon League of Cities and the Oregon Public Health Institute have teamed up to bring the Healthy Eating Active Living Cities Campaign to Oregon. The HEAL Cities Campaign is a free program to help civic leaders create healthy Oregon communities with minimal budget impact.

Every city can offer its residents healthy options.

Good Health Starts in Healthy Places

Civic leaders have the unique ability to improve the health of the places we live, work, study, shop and play by:

- giving health a greater priority in plans for their city's future
- adopting Healthy Eating Active Living policies
- establishing a culture of wellness for municipal employees



The Physical Environment Makes a Difference

In many communities today, people who want to be more physically active are discouraged by their environment. Making the decision to be more active is much easier when every neighborhood has safe sidewalks, crossings, bike paths, and transit options; attractive destinations like schools, markets, banks and libraries within a reasonable walking distance; and good access to parks, trails and playgrounds.



The Food Environment Makes a Difference

The science is clear. People who live in places with many unhealthy food outlets have significantly higher rates of obesity and diabetes than those with more opportunities to buy healthy food, regardless of race or wealth. ¹ Making the decision to eat healthier is much easier when nutritious food is available near the places we live, work, learn, play, and pray.



The HEAL Cities Campaign is a joint project of the Oregon Public Health Institute and the League of Oregon Cities, and is funded by Kaiser Permanente.

HEAL Cities provides training and technical assistance to help civic leaders create healthy communities. This fact sheet is one in a series with policy ideas for healthy cities.

For the first time in modern history, today's youth may live shorter lives than their parents.²

Q: How can we protect our children from developing chronic medical problems related to eating too much of the wrong things and moving too little?

A: Local leaders across the country are stepping up to help protect the health and well-being of children.

Our kids deserve opportunities to bike or walk to school, to play in safe, open spaces and to have nutritious food options.

City leaders can improve the local environment through:

- Land use & transportation plans
- Zoning regulations and decisions
- Selection criteria for capital projects
- Redevelopment priorities
- Economic development plans
- Internal personnel and facility policies

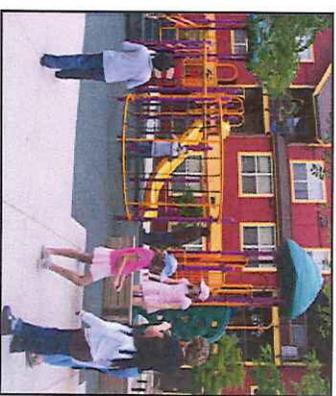
What is good for kids is good for the whole community.

Two things your city can do right now:

1. Establish nutrition standards for snacks and beverages in city buildings and city parks and rec facilities.
2. Map safe routes and lead bike caravans from residential neighborhoods to the local public schools.

REFERENCES

1. Designed for disease: The link between local food environments and obesity and diabetes, California Center for Public Health Advocacy, PolicyLink, and the UCLA Center for Health Policy Research, 2008.
2. Olishansky SJ, Passaro DJ, Hershov RC, et al. A potential decline in life expectancy in the United States in the 21st century. N Eng J Med. Mar 17 2005;352(11):1138-1145.



PHOTOS: JANUS YOUTH & JOSH TILLINGHAST

Join the HEAL Cities Campaign!

Tell us about your HEAL City or request free technical assistance @ www.HEALCitiesNW.org

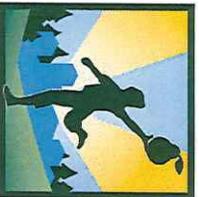
Beth Kaye, Campaign Manager, bethkaye@orphi.org | 503.227.5502 x230

ATTACHMENT A - Page 2 of 10



Be an Active City

Whether your city has been a leader in creating opportunities for residents to be more active, or this is a new issue, you can establish a healthier future for your city. Take these three steps and you're on your way to supporting active living.



**HEALTHY EATING
ACTIVE LIVING
CITIES
CAMPAIGN**

STEP ONE:

Recognize the Issue

In many communities today, people who want to be more physically active are discouraged by their environment. There may be few sidewalks, safe crossings, bike paths or transit options, and very limited access to parks, trails and playgrounds. Going to the store or the library may require a car.

Is your city extending options for physical activity through policies, resolutions or programs?

- ✓ YES! Proceed to step two.
- ✓ NO:

1. Assess the environment in your community for walkability, bikeability, and the availability of transit options.
2. Learn whether there is a group already working on the issue in your city.
If so, listen to what they have to say and offer your assistance.
3. If the issue is new for your city, start by consulting with your county public health director, local school board, the PTA board and other community leaders who may share your concerns.
4. Visit www.HEALCitiesNW.org to find out how other communities are addressing the issue.



STEP TWO:

Clarify Your City's Role

Has your city stated a vision or adopted a policy or other tool to support healthy, active living?

- ✓ YES! Proceed to step three.
- ✓ NO:

Join the HEAL Cities NW Campaign by adopting a resolution to increase physical activity and access to healthy food for your employees and residents.

Visit www.HEALCitiesNW.org to see a sample resolution and model policies.

The HEAL Cities Campaign is a joint project of the Oregon Public Health Institute and the League of Oregon Cities, and is funded by Kaiser Permanente.

HEAL Cities provides training and technical assistance to help civic leaders create healthy communities. This fact sheet is one in a series with policy ideas for healthy cities.

STEP THREE:

Consider HEAL Policy Options

Is your city working to increase health and wellness through specific policies, rules, or other tools? Consider the following policy options:

Update your comprehensive plan.

Establishing goals and policies in your comprehensive plan to increase healthy options in the physical environment is a powerful and enduring way to affect the health of your city. See the HEAL Cities Campaign's website for specific ideas and examples of comprehensive plan, land use plan, and transportation plan updates.

Adopt zoning ordinances to put options for physical activity within reach of all residents.

Certain zoning ordinances promote walking and biking and create lively destinations within your city. See the HEAL Cities Campaign's website for specific ideas and examples.

Create incentives to increase the availability of healthy food in all city neighborhoods.

Make healthy food a top destination in every neighborhood. Cities have powerful planning and economic development tools that can be directed toward developing grocery stores, converting corner stores, and establishing farmers markets and community gardens.

See the HEAL Cities Campaign's Fact Sheet: *Be a City with Healthy Food Options* for specific ideas and examples. The Campaign also has marketing materials for retailers who offer healthy choices.

BONUS! Get Credit

When you register your city's policies with the HEAL Cities NW Campaign, we will give you:

- ✓ A logo declaring that your city is a HEAL City for your website
- ✓ A press release we will distribute to local media outlets and the League of Oregon Cities
- ✓ Recognition at a HEAL Cities Campaign event at the League's Annual Conference (beginning in 2013)
- ✓ Free HEAL Cities Campaign bumper stickers and Campaign promotional materials at cost

Address city workplace wellness.

A good workplace wellness program includes opportunities and incentives for city employees to be more physically active at work.

This can reduce chronic disease and absenteeism, and increase productivity and morale.

See the HEAL Cities Campaign's Fact Sheet: *Be a City with a Healthy Workforce* for specific ideas and examples.

Join the HEAL Cities Campaign!

Tell us about your HEAL City or request free technical assistance @ www.HEALCitiesNW.org
Beth Kaye, Campaign Manager, bethkaye@orphi.org | 503.227.5502 x230



HEALTHY EATING
ACTIVE LIVING
CITIES
CAMPAIGN

Is Your City a HEAL City?

Oregon can be proud: many Oregon cities already offer some options for healthy eating, active living, &/or workplace wellness.

To encourage EVERY city to take the NEXT step towards healthy, fit, connected communities by adopting a new HEAL policy, the Campaign will use the following four designations:

EAGER	EAGER CITIES join the Campaign by providing the Campaign with a resolution, proclamation, or letter expressing the intent to work with the Campaign to explore HEAL policies. The Campaign has a wealth of resources to share, including consultations with subject matter experts and a library of model policies.
ACTIVE	ACTIVE CITIES are cities that already had at least one HEAL policy on their books before joining the Campaign. Active Cities join the Campaign by submitting these policies together with a resolution, proclamation, or letter expressing the intent to work with the Campaign to explore additional HEAL policies.
FIT	FIT CITIES join the Campaign by adopting and implementing at least one new HEAL policy and submitting the policy with an implementation plan.
FABULOUS	FABULOUS CITIES are FIT CITIES that adopt and implement at least two additional new HEAL policies.

The HEAL Cities Campaign is a joint project of the Oregon Public Health Institute, and the League of Oregon Cities, and is funded by Kaiser Permanente.

www.HEALCitiesNW.org
info@HEALCitiesNW.org

PHONE: 503-227-5502
FAX: 503-416-3696

Your city will receive these benefits from the Campaign:

	HEAL Cities Campaign logo for city website	Framed Campaign certificate	Recognition on the HEAL Cities Campaign website	Tailored press release for local press outlets	Recognition at the League Annual Conference	Paid ad in Local Focus magazine.
Eager	✓	✓	✓	✓		
Active	✓	✓	✓	✓	✓	
Fit	✓	✓	✓	✓	✓	✓
Fabulous	✓	✓	✓	✓	✓	✓

Submit your policies at: <http://www.healcitiesnw.org/heal-cities/eager-active-fit-cities/submit-a-policy>.

Need policy ideas? Want a model Resolution?

See our policy toolkit at <http://www.healcitiesnw.org/resources/toolkit>.



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HEAL CITIES POLICY MENU

The Oregon Public Health Institute and the League of Oregon Cities have teamed up to bring the HEAL Cities Campaign to Oregon, with the financial support of Kaiser Permanente.

The HEAL Cities Campaign helps civic leaders create healthy communities. The Campaign has a **policy** focus, because policies establish the rules and shape the environment in which employees, residents and businesses make decisions about nutrition and physical activity. Opinion surveys show that people want to eat better, move more, and feel energized to do the things they love. **It is much more difficult for people to make healthy choices in an unhealthy environment.**

Cities that provide healthy, fit environments rate higher on livability, and are more attractive to families and businesses.

The Campaign provides cities with information about policy options in four areas: Land Use & Transportation, Access to Healthy Food Options, Shared Use, and Workplace Wellness & Nutrition Standards. This Policy Menu is designed to help answer these questions:

1. **What policies might expand options for healthy eating and active living in my city?**
2. **What policies might improve workplace wellness for my city's employees?**

The Campaign will work with participating cities to tailor policies for their communities. If you are interested in learning more about any aspect of the HEAL Cities Campaign, or if you would like technical assistance from the HEAL Cities Campaign to adapt a policy for your city, please see our website, www.HEALCitiesNW.org, or contact Beth Kaye, HEAL Cities Campaign Manager, at bethkaye@orphi.org or 503 227-5502x 230.

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HEAL CITIES POLICY MENU

LAND USE AND TRANSPORTATION

Comprehensive Plan, Land Use Plan, and Transportation Plan Updates

1. Include general health goals: promote physical activity and access to healthy food options
2. Promote mixed-use, transit-oriented, and/or compact development
3. Promote street connectivity
4. Promote "complete streets"
5. Promote pedestrian and bicycle safety in all transportation planning
6. Improve access for all residents to existing recreational and natural areas
7. Provide transit access to grocery stores
8. Collaborate with public health agencies and organizations to support programs and activities related to nutrition, including classes in gardening, meal planning, and cooking
9. Increase the number of parks, open spaces, and recreational trails

Establish Guidelines and/or Zoning Controls

10. Adopt incentives for compact, mixed use and/or transit-oriented development
11. Establish pedestrian and bike friendly street design standards
12. Allow new and/or support existing farmers markets
13. Allow new and/or support existing community gardens
14. Create a healthy food zone around schools and parks by allowing or supporting the location of wholesome food retail and community gardens in those areas
15. Allow or support the location of wholesome food retail in neighborhoods that have a concentration of retailers of sugar-loaded beverages, high fat, high salt, and heavily processed foods
16. Allow Community Supported Agriculture distribution points on public property

Bicycle and Pedestrian Plans

17. Establish dedicated pathways for pedestrians and cyclists
18. Address pedestrian and bicycle safety at crossings, along traffic corridors, on routes between residential areas and schools, and in other transportation projects

Healthy Infrastructure Investments

19. Increase accessibility of recreational facilities and other key destinations to pedestrians, cyclists, and transit riders
20. Create Safe Routes to Schools from residential neighborhoods to local elementary, middle, and high schools
21. Prioritize capital improvement projects that fund sidewalks, crosswalks and bike lanes in neighborhoods with high obesity rates

ACCESS TO HEALTHY FOOD OPTIONS

Improving Access to Healthy Food Options

22. Attract retailers that offer fresh fruits and vegetables and wholesome staple items at reasonable prices
23. Provide economic incentives for healthy food retail projects
24. Support availability of fresh fruits and vegetables and wholesome staple items at reasonable prices in

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areas identified as 'food swamps' or 'food mirages'
25. Support community gardens
26. Support year-round farmers markets
27. Support Community Supported Agriculture
28. Encourage low-income residents to purchase fresh produce by offering economic incentives (e.g., at your local farmers market, offer \$5 worth of produce for each \$1 of SNAP benefits)
Recognize Retailers that Promote Healthy Eating
29. Recognize restaurants that disclose the calorie amount and grams of fat for each menu item listed on a menu or menu board in a clear and conspicuous manner
30. Recognize restaurants that remove foods containing artificial trans-fat from their menu
31. Recognize restaurants that offer smaller portions of popular high-calorie and high-fat dishes
32. Recognize restaurants that establish pricing structures that encourage consumption of lower-calorie, lower-fat, and less processed foods
33. Recognize restaurants and markets that feature healthy check-out lanes for orders that include only lower-calorie, lower-fat, and less processed or unprocessed foods
SHARED USE AGREEMENTS
34. Negotiate agreements with school districts or other entities to open use of existing recreational facilities (e.g., pools, tennis courts, fields) to general public during off-hours
35. Partner with school districts or other public entities to share the cost and responsibilities of building and maintaining new park and recreation facilities
36. Partner with school districts, religious institutions, or other entities to share the cost and responsibilities of institutional kitchens for public cooking demonstrations, cooking lessons, and/or congregate meal preparation and distribution
37. Partner with school districts, religious institutions, or other entities to share the cost and responsibilities of food distribution centers
WORKPLACE WELLNESS & NUTRITION STANDARDS
Workplace Wellness
38. Require a self-assessment of wellness practices in each municipal workplace
39. Require the city to create a tailored plan to address its needs
40. Schedule activity breaks during the work day
41. Encourage use of stairways
42. Improve breastfeeding accommodations for employees
Healthy Meeting Policies
43. Require that all meetings with food offer a healthy option (e.g., fruit, nuts)
44. Make water the preferred beverage at meetings
45. Encourage walking meetings
46. Establish physical activity breaks for meetings that last more than one hour
Nutrition Standards
47. Set nutrition standards for vending machines located in city owned or leased locations
48. Set nutrition standards for food offered for sale or served at city events, city sponsored meetings, city facilities, city concessions, and city programs

Access to Healthy Food Options in the Workplace

49. Offer Community Supported Agriculture (CSA) programs to city employees

IMPLEMENTATION

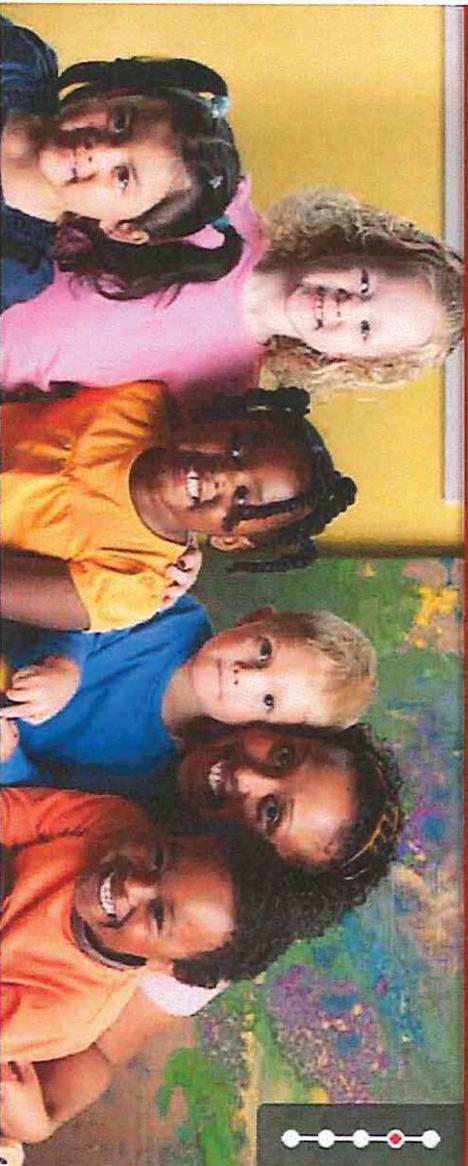
50. Prioritize funding for projects and programs that create or expand HEAL options in areas identified as having the fewest options, and/or where obesity rates are highest

51. Create incentives for development project proposals that create or expand HEAL options in areas identified as having the fewest options, and/or where obesity rates are highest

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What is Let's Move/ Cities, Towns and Counties (LMCTC)?

Launched in 2010, LMCTC is an initiative that calls upon local elected officials to adopt long-term, sustainable and holistic approaches to addressing childhood obesity.

Consistent with the First Lady's Let's Move/ initiative, local elected officials who sign up as an LMCTC site are willing to commit to five goals.

Developed with the role of local elected officials in mind, the five goals are designed to promote sustainable strategies that will directly impact the health of local leaders' constituents.

LMCTC goals were identified because they are achievable and measurable and because they leverage existing federal initiatives. In addition, widespread adoption of these goals will highlight local action, enable city, town and county leaders to track their progress and that of their peers in communities across the nation, and accelerate momentum around the development of concrete, sustainable strategies to promote healthy eating and active living.

What are the five *Let's Move!* Cities, Towns and Counties goals?

Overarching

Consider forming a childhood obesity task force in your own community, or aligning with an existing task force, that engages a range of city agencies, partners, and constituents to achieve the goals of *Let's Move!* Cities, Towns and Counties.

Goal I: Start Early, Start Smart

To provide children with a healthier start, local elected officials commit to helping early care and education program providers incorporate best practices for nutrition, physical activity and screen time into their programs.

Goal II: MyPlate, Your Place

To empower parents and caregivers, local elected officials commit to prominently displaying MyPlate in all municipally- or county-owned or operated venues where food is served.

Goal III: Smart Servings for Students

To provide healthy food in schools, local elected officials commit to increasing participation in the School Breakfast Program (SBP) and the National School Lunch Program (NSLP).

Goal IV: Model Food Service

To improve access to healthy, affordable foods, local elected officials commit to implementing healthy and sustainable food service guidelines that are aligned with the *Dietary Guidelines for Americans* in all municipally- or county-owned or operated venues where food is served.

Goal V: Active Kids at Play

To increase physical activity, local elected officials commit to mapping local playspaces, completing a needs assessment, developing an action plan, and launching a minimum of three proven policies, programs or initiatives aimed at increasing access to play.

To provide children with a healthier start, local elected officials commit to helping early care and education program providers incorporate best practices for nutrition, physical activity and screen time into their programs.

BENCHMARKS FOR GOLD, SILVER, AND BRONZE MEDALS

Gold, silver, and bronze medals, with associated benchmarks, have been established for the LMCTC goals. When an LMCTC site indicates reaching a benchmark through the tracking survey, thereby earning a medal, their site will be recognized on the NLIC web site.

This initiative is not about duplicating efforts but building on the accomplishments already achieved in your city, town, or county.

Goal I: Start Early, Start Smart

To provide children with a healthier start, local elected officials commit to helping early care and education program providers incorporate best practices for nutrition, physical activity and screen time into their programs.

- *Bronze:* The LMCTC site has an active interagency collaboration on early care and education programs.
- *Silver:* Participation in *Let's Move!* Child Care is promoted among early care and education providers using at least three approaches; and the LMCTC site has an active interagency collaboration on early care and education programs.
- *Gold:* Each of the five goals of *Let's Move!* Child Care has been integrated into at least one professional development training offered annually to early care and education providers; participation in *Let's Move!* Child Care is promoted among early care and education providers using at least three approaches; and the LMCTC site has an active interagency collaboration on early care and education programs.

Goal II: MyPlate, Your Place

To empower parents and caregivers, local elected officials commit to prominently displaying MyPlate in all municipally- or county-owned or operated venues where food is served.

- *Bronze:* At least 51% of municipally- or county-owned or operated venues that serve food prominently display MyPlate, and the *Let's Move!* Cities, Towns and Counties (LMCTC) site is registered to be a MyPlate Community Partner.
- *Silver:* At least 75% of municipally- or county-owned or operated venues that serve food prominently display MyPlate, and the *Let's Move!* Cities, Towns and Counties (LMCTC) site is registered to be a MyPlate Community Partner.

- *Gold:* 100% of municipally- or county-owned or operated venues that serve food prominently display MyPlate, and the *Let's Move!* Cities, Towns and Counties (LMCTC) site is registered to be a MyPlate Community Partner.

Goal III: Smart Servings for Students

To provide healthy food in schools, local elected officials commit to increasing participation in the School Breakfast Program (SBP) and the National School Lunch Program (NSLP).

- *Bronze:* At least 60% of public schools participate in the SBP.
- *Silver:* At least 70% of public schools participate in the SBP, and at least 60% of public elementary and middle school students and at least 45% of high school students participate in the NSLP.
- *Gold:* At least 80% of public schools participate in the SBP, and at least 75% of public elementary and middle school students and at least 65% of high school students participate in the NSLP.

Goal IV: Model Food Service

To improve access to healthy, affordable foods, local elected officials commit to implementing healthy and sustainable food service guidelines that are aligned with the *Dietary Guidelines for Americans* in all municipally- or county-owned or operated venues that serve food.

- *Bronze:* All municipally- or county-owned or operated food vendors and contractors are identified, along with the dates when their contracts can be amended or renegotiated.
- *Silver:* All municipally- or county-owned or operated food vendors and contractors are identified, along with the dates when their contracts can be amended or renegotiated and a policy for healthy and sustainable food service guidelines aligned with the *Dietary Guidelines for Americans* is adopted for municipally- or county-owned or operated venues that serve food.
- *Gold:* All municipally- or county-owned or operated food vendors and contractors are identified, along with the dates when their contracts can be amended or renegotiated, a policy for healthy and sustainable food service guidelines aligned with the *Dietary Guidelines for Americans* is adopted for municipally- or county-owned or operated venues that serve food, and at least 30% of municipally- or county-owned or operated venues that serve food have implemented the policy for healthy and sustainable food service guidelines aligned with the *Dietary Guidelines for Americans*.

Goal V: Active Kids at Play

To increase physical activity, local elected officials commit to mapping local playspaces, completing a needs assessment, developing an action plan, and launching a minimum of three proven policies, programs or initiatives aimed at increasing access to play.

- *Bronze:* All playspaces are mapped.
- *Silver:* All playspaces are mapped, a needs assessment of playspaces is completed, and an action plan is developed.
- *Gold:* All playspaces are mapped, a needs assessment of playspaces is completed, an action plan is developed, and at least three proven policies, programs, or initiatives from the action plan are launched and to continue to increase access to physical activity.



City of **TUALATIN, OREGON**
April 8, 2013

Helping Oregon's civic leaders create healthy communities

THE PHYSICAL ENVIRONMENT MAKES A DIFFERENCE

Deciding to be active is easier when every neighborhood has:

- safe sidewalks, crossings, bike paths, & transit options
- destinations like schools, markets, banks & libraries in walking distance
- good access to parks & playgrounds



Photo: City of Tualatin

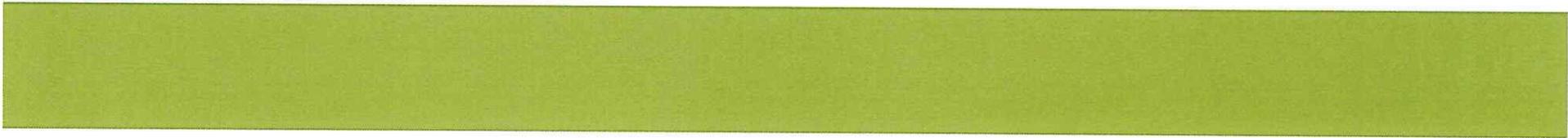
THE FOOD ENVIRONMENT MAKES A DIFFERENCE

The science is clear.



People who live in places with many unhealthy food outlets have significantly higher rates of obesity and diabetes than those with more opportunities to buy healthy food, **regardless of race or wealth.**

Making the decision to eat healthier is much easier when nutritious food is convenient and affordable.



CITY LEADERS INFLUENCE COMMUNITY HEALTH



Leaders can:

- give health a greater priority in plans for the city's future
- adopt HEAL policies
- establish a culture of wellness for municipal employees

TUALATIN: LMCTC GOLD MEDALIST

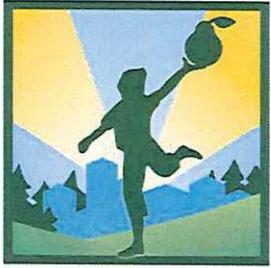
Start Early, Start Smart	-
MyPlate, Your Place	-
Smart Servings for Students	-
Model Food Service	-
Active Kids at Play	



TUALATIN: LMCTC GOLD MEDALIST

Start Early, Start Smart	-
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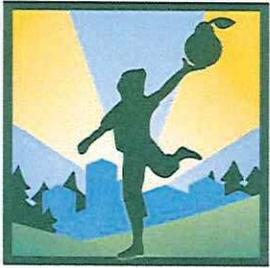




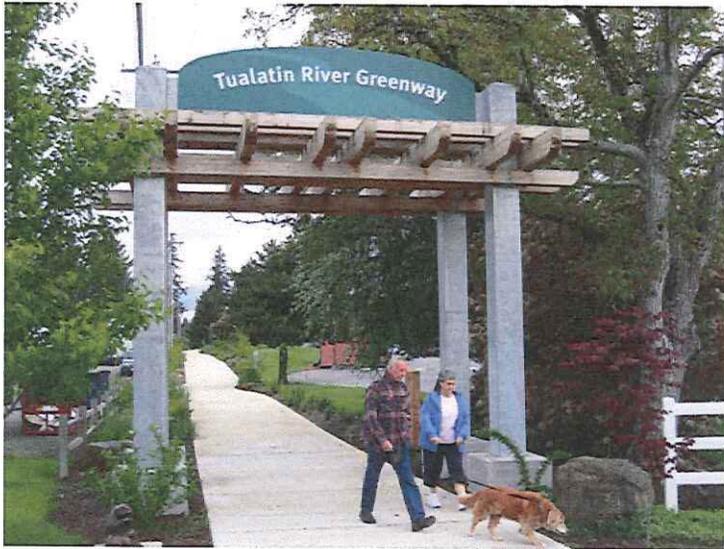
HEAL Cities Campaign

- Educates decision-makers
- Provides policy best practice library
- Includes free technical assistance

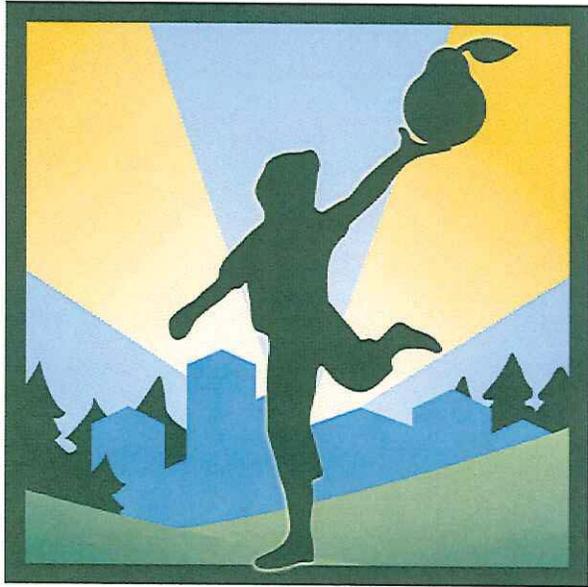




Policy is your City's DNA

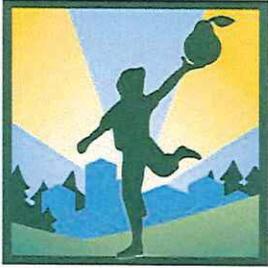


- Guides long-term development
- Positions City to receive grants
- Complements public health education programs



**HEALTHY EATING
ACTIVE LIVING
CITIES
CAMPAIGN**

- Land Use and Transportation
- Access to Healthy Food Options
- Shared Use of Facilities
- Workplace Wellness



JOIN THE CAMPAIGN

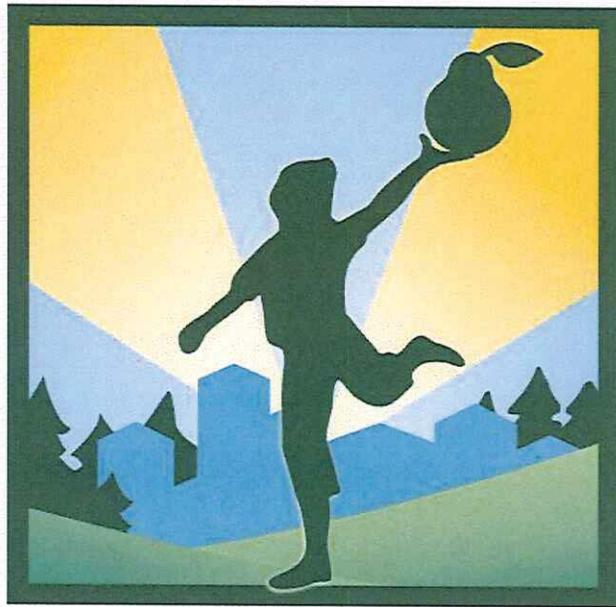
EAGER CITY

ACTIVE CITY

FIT CITY

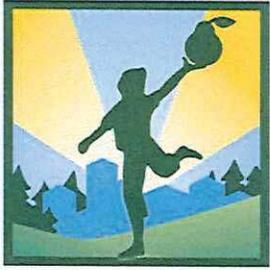
FABULOUS CITY

Visit www.HEALCitiesNW.org



**HEALTHY EATING
ACTIVE LIVING**

TUALATIN



Get on the map for 2013

Invite the HEAL Cities Campaign to your city.

Contact: Beth Kaye

OPHI

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www.HEALCitiesNW.org

RESOLUTION NO. 5134-13

RESOLUTION SETTING FORTH TUALATIN'S COMMITMENT TO PUT
HEALTHY OPTIONS WITHIN REACH OF ALL RESIDENTS

WHEREAS improving livability and community health are important Council goals; and

WHEREAS the nutrition and physical activity choices that individuals make for themselves and their families are influenced by their environment; 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 the people who live, work, go to school, play or worship in the city; 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;

WHEREAS the City of Tualatin is a member of the League of Oregon Cities; and

WHEREAS in 2010, the League of Oregon Cities Board of Directors resolved to partner with and support the national *Let's Move!* Campaign headed by the First Lady of the United States, and has encouraged Oregon cities to adopt preventive measures to fight obesity, and a *Let's Move!* Gold Medal was achieved by Tualatin in 2012 for increasing physical activity and access to play;

WHEREAS in 2012, the League of Oregon Cities Board of Directors resolved to partner with the Oregon Public Health Institute (OPHI) in the Healthy Eating Active Living (HEAL) Cities Campaign, and encouraged all Oregon cities to join the HEAL Cities Campaign and qualify as a HEAL City to support healthier eating and increased physical activity levels for all residents, create more livable communities, and create a culture of wellness at municipal workplaces; and

WHEREAS the City used *Land Use and Transportation* policy through the 2013 Transportation System Plan Update to set objectives to provide Complete Streets that include universal access through pedestrian and bicycle facilities, and transit on some streets, to improve Bicycle and Pedestrian Plans to establish dedicated pathways, and to address pedestrian and bicycle safety at crossings;

WHEREAS the City *Improves Access to Healthy Food Options* by cosponsoring the Tualatin Farmer's Market which encourages low-income residents to purchase fresh produce by offering economic incentives by leveraging SNAP (Supplemental Nutrition Assistance Program) benefits for fresh food obtained at the Farmer's Market;

WHEREAS the City utilizes *Shared Use Agreements* with the Tigard-Tualatin School District to improve, share costs, and allow public use of school recreational facilities after hours, and with the cities of Durham and Tigard and Clean Water Services to construct and maintain the Ki-A-Kuts Bicycle and Pedestrian Bridge to open access to existing park and recreation trails, parks, and facilities;

WHEREAS the City promotes *Workplace Wellness* to foster a worksite culture that both environmentally and socially supports employees' desires to make healthy lifestyle choices and to encourage employees' physical and mental well-being by providing a wide range of healthy lifestyle programs and activities;

WHEREAS despite these many accomplishments, Tualatin would like to explore what further policies it might adopt and implement to improve community health.

BE IT RESOLVED BY THE CITY COUNCIL OF THE CITY OF TUALATIN, OREGON, that:

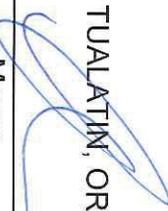
Section 1. The City Council hereby recognizes that joining the HEAL Cities Campaign has the potential to improve local livability and have a positive impact on the community's health and well-being. To that end, the City of Tualatin adopts this HEAL Resolution and joins the HEAL Cities Campaign as an ACTIVE City.

Section 2. The City of Tualatin staff shall work with HEAL Cities Campaign Staff to explore HEAL policies and to identify and adopt those policies that are suitable for the City's unique local circumstances.

Section 2. Staff will report back to Council with recommendations from time to time on the status of progress in implementing HEAL Cities Campaign policies and *Let's Move!* action steps.

INTRODUCED AND ADOPTED this 8th day of April, 2013.

CITY OF TUALATIN, OREGON

BY  Mayor

ATTEST:

BY  City Recorder

APPROVED AS TO FORM

BY  City Attorney