

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.

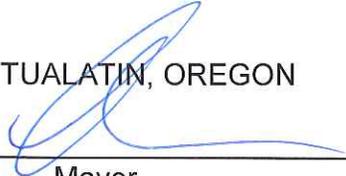
Section 2. The City of Tualatin staff shall work with HEAL Cities Campaign Staff to explore HEAL policies and to identify and adopt those policies that are suitable for the City's unique local circumstances.

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