

**RESOLUTION SETTING FORTH THE CITY OF COMMERCE CITY'S  
COMMITMENT TO OBESITY PREVENTION AND LIVEWELL COLORADO'S  
HEALTHY EATING, ACTIVE LIVING CITIES AND TOWNS CAMPAIGN**

**NO. 2013-36**

WHEREAS, although Colorado is the “leanest” state in the country, fifty-eight percent (58%) of Colorado adults and a quarter of Colorado children are overweight or obese;

WHEREAS, the adult obesity rate has doubled in Colorado since 1995 and, if trends continue, only thirty-three percent (33%) of Colorado adults will be a healthy weight by 2020;

WHEREAS, more children are being diagnosed with diseases linked to overweight and obesity previously seen only in adults, such as Type 2 diabetes and heart disease;

WHEREAS, Colorado has the second fastest rate of increase in childhood obesity in the nation;

WHEREAS, the current generation of children are expected to have shorter lives than their parents due to the consequences of obesity;

WHEREAS, the annual cost to Colorado in medical bills, workers compensation and lost productivity due to citizens being overweight or obese and lacking in physical inactivity exceeds \$1.6 billion;

WHEREAS, obesity has been identified by the Colorado Department of Public Health and Environment as one of ten winnable battles in Colorado;

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

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

WHEREAS, the City of Commerce City (the “City”) has participated in identifying goals and objectives for the community through LiveWell Commerce City and consistent with LiveWell Colorado’s HEAL principles; and

WHEREAS, the City has identified various wellness opportunities and is working to improve the overall health of, and awareness of health issues by, the City’s residents and employees.

NOW, THEREFORE, BE IT RESOLVED BY THE CITY COUNCIL OF THE CITY OF COMMERCE CITY, COLORADO, AS FOLLOWS:

1. The City Council hereby recognizes that obesity and being overweight is a serious threat to the health and well-being of residents and employees of the City.

2. While individual lifestyle changes to curb obesity are necessary, individual effort alone is insufficient, and significant societal and environmental changes are crucial to support individual efforts to make healthier choices. It is to that end that the City adopts this HEAL Cities and Towns Resolution (the “Resolution”).
3. The City will make every effort to promote an active community by:
  - a. Prioritizing capital improvements projects to increase opportunities for physical activity;
  - b. Planning and constructing a built environment that encourages walking, biking and other forms of physical activity;
  - c. Addressing walking and biking connectivity between residential neighborhoods and schools, parks, recreational resources and retail;
  - d. Expanding community access to indoor and outdoor public facilities through joint use agreements with schools and/or other partners;
  - e. When and where possible, advancing and promoting the goals of the City’s comprehensive plan and zoning ordinances that increase opportunities for physical activity, including street policies, as well as perusing compact, mixed-use and transit-oriented development;
  - f. In the comprehensive plan and specific area plans, promoting health goals and policies related to physical activity;
  - g. Establishing incentives for development projects that demonstrate favorable impacts on resident activity;
  - h. Examining racial, ethnic and socio-economic disparities in access to physical activity facilities or resources, and adopting strategies to remedy these inequities.
4. In order to promote wellness within the City, and to set an example for residents and businesses, the City hereby pledges to continue to advance workplace wellness initiatives that:
  - a. Continue to offer to employee wellness and fitness opportunities and provide incentives to employees to get fit and/or maintain their health; and
  - b. Encourage healthy food options at City meetings.
5. City staff will report to the City Council annually regarding steps taken to implement this Resolution, additional steps planned and any desired actions that may require City Council approval.

RESOLVED AND PASSED THIS \_\_\_ DAY OF \_\_\_\_\_, 2013.

CITY OF COMMERCE CITY

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Sean Ford, Mayor

ATTEST:

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Laura J. Bauer, CMC, City Clerk