**RESOLUTION SETTING FORTH THE CITY OF CAMDEN’S COMMITMENT TO BUILDING A CULTURE OF HEALTH**

**WHERE AS**, the City of Camden has demonstrated a sustained commitment to improving the lives of all Camden residents;

**WHERE AS**, the City of Camden has high aspirations and standards for its residents and is consistently seeking ways to improve their lives and ensure to maintain an environment that protects their health;

**WHERE AS**, over sixty percent of obese adults have type 2 diabetes, high blood cholesterol, high blood pressure, and/or other related conditions 6; and

**WHERE AS**, 39% of children between the ages of 3 and 18 in Camden are overweight or obese 14and

**WHERE AS**, 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 2; and

**WHERE AS**, childhood obesity has more than doubled in children and quadrupled in adolescents in the past 30 years; in 2012, more than one-third of children and adolescents were overweight or obese 7,8; and

**WHERE AS**, children who are overweight are more likely to be obese as adults and adult obesity is associated with a variety of health problems 5, 9, 12, 13; and

**WHERE AS**, the current generation of children are expected to have shorter lives than their parents due to the consequences of obesity 1; and

**WHERE AS**, diabetes and obesity continue to disproportionally affect children as well as low income communities and communities of color 10, 11, 12; and

**WHERE AS**, teens and adults who consume one or more sodas or sugar sweetened beverages per day are more likely to be overweight or obese 5; and

**WHERE AS**, drinking one or two sugar-sweetened beverages a day increases the risk of developing type 2 diabetes by 26 percent 4; and

**WHERE AS**, 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 3; and

**WHERE AS**, by supporting the health of residents and the local workforce would decrease chronic disease and health care costs and increase productivity; and

**NOW, THEREFORE, LET IT BE RESOLVED** that the City Council hereby recognized that chronic illness is a serious public health threat to the health and wellbeing of adults, children and families in the City of Camden. While individual lifestyle changes are necessary, individual effort alone is insufficient to combat obesity’s rising tide. Significant societal and environmental changes are needed to support individual efforts to make healthier choices. To that end, the City of Camden adopts this “Get Healthy Camden” resolution:

1. **Built Environment**

**BE IT FURTHER RESOLVED** that the City of Camden planners, engineers, public works, economic development personnel responsible for the design and construction of parks, neighborhoods, streets, and business areas should make every effort, in accordance with the Sustainability Ordinance passed in 2015, to consider health and health equity in all policies by using the following built environment strategies:

1. Include health goals and policies related to physical activity in the general plan, specific area plans and master plans;
2. Expand existing farmer’s market and community gardens in public spaces;
3. Expand community access to indoor and outdoor public facilities through joint use agreements with schools and/or other partners;
4. Encourage walking and biking connectivity between residential neighborhoods and schools, parks and recreational resources and retail;
5. Address pedestrian and bicycle safety at crossings, along corridors, on routes between residential areas and schools, and in other transportation projects (Safe Routes to School);
6. Support green streets policies to create beauty, foster environmental sustainability and address climate change;
7. Ensure that every neighborhood has walking access to a park or recreational area through adoption of an open streets, play streets, or parklet policy;
8. Adopt a Public art policy to increase the amount of original artwork in parks and other public spaces in the community;
9. Adopt an Open/Play Streets Policy that temporarily close streets to provide “pop up” playgrounds and rec centers for physical activity and cultural celebrations;
10. Examine racial, ethnic and socio-economic disparities in access to physical activity facilities or resources and adopt strategies to remedy these inequities.
11. Adopt a formal resolution supporting the completion of Circuit Trails.
12. **Healthy Food Access**

**BE IT FURTHER RESOLVED** that the City of Camden planners, community economic personnel responsible for the design of parks, neighborhoods, streets, and business areas, should make every effort to consider health and health equity in all policies by using the following healthy food access strategies:

1. Adopt ordinances to create and support healthier food and beverage environments for all (e.g. healthy default beverages in meals, restrictions on sugary beverage advertising on government property, incentives for healthy corner stores, markets, and vendors);
2. Set nutrition standards for food offered at city events, sponsored meetings, served at city facilities, concessions, city programs and parks;
3. Set healthy vending nutrition standards for all vending machines located in city facilities and parks;
4. Make water the standard beverage option at all city events, sponsored meetings and city programs;
5. Examine racial, ethnic and socio-economic disparities to healthy, affordable, foods and adopt strategies to remedy these inequities.
6. **Workplace Wellness**

**BE IT FURTHER RESOLVED** that in order to promote wellness within the City of Camden, and to set an example for other businesses, the City of Camden pledges to adopt and implement a workplace wellness policy that will:

1. Support and encourage community based organizations, institutions, schools and city government to adopt workplace wellness programs that include comprehensive nutrition and physical activity standards for employees including support and proper accommodation for breastfeeding mothers;
2. Encourage physical activity breaks during non-discretionary time during the workday, including meetings over one hour in length;
3. Accommodate breastfeeding employees upon their return to work;
4. Encourage walking meetings and use of stairways;
5. Encourage active transportation between city facilities, for example walking and bicycling routes and amenities;
6. Set nutrition standards for vending machines located in city owned or leased locations;
7. Set nutrition standards for food offered at city events, city sponsored meetings, served at city facilities and city concessions, and city programs.
8. Ensure availability of plain, drinkable water throughout the day;
9. Adopt comprehensive tobacco-free policies which prohibit tobacco use (including cigars, e-cigarettes, vaping devices, Hookah, and smokeless tobacco) on workplace and college campuses and including support for communication and cessation systems.
10. **Implementation**

**BE IT FURTHER RESOLVED** that the head of each affected agency or department should report back to the City Council annually regarding steps taken to implement the Resolution, additional steps planned, and any desired actions that would need to be taken by the council.

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**References:**

1. Olshansky SJ, Passaro DJ, Hershow RC, Layden J, Carnes BA, Brody J, Hayflick L, Butler RN, Allison DB, and Ludwig DS, “A Potential Decline in Life Expectancy in the United States in the 21st Century,” *New England Journal of Medicine*, 352:11, pp. 1138-1145.
2. Rosenbloom, AL. *Increasing incidence of type 2 diabetes in children and adolescents: treatment considerations.*Pediatric Drugs.*2002;4(4)209-21.*
3. Sallis JF, Glanz K. Physical activity and food environments: solutions to the obesity epidemic. [Milbank Q](http://www.ncbi.nlm.nih.gov/pubmed/19298418). 2009;87:123-54.
4. Malik VS, Popkin BM, Bray GA, Despres JP, Willett WC, Hu FB. Sugar-sweetened beverages and risk of metabolic syndrome and type 2 diabetes: a meta-analysis. Diabetes Care. 2010;33(11):2477-2483
5. Morenga LT, Mallard S, Mann J. Dietary sugars and body weight: systematic review and meta-analyses of randomized controlled trials and cohort studies. Brit Med J. Jan 15 2013;346.
6. Trust for America’s Health and Robert Wood Johnson Foundation. F as in Fat: How Obesity Threatens America’s Future-Fast Facts: Obesity and Health. 2013. Accessed January 15, 2014 at <http://fasinfat.org/facts-on-obesity-and-health>
7. Ogden CL, Caroll MD, Kit BK, Flegal KM. Prevalence of childhood and adult diabetes in the United States, 2011-2012.*Journal of the American Medical Association*2014;311(8):806-814
8. National Center for Health Statistics. Health, United States, 2011: With Special Features on Socioeconomic Status and Health. Hyattsville, MD; U.S. Department of Health and Human Services; 2012.
9. Centers for Disease Control and Prevention, Childhood Obesity Facts, ww.cdc.gov/healthyyouth/obesity/facts.htm
10. Wang Y and Bedoun MA.”The Obesity Epidemic in the United States—Gender, Age, Socioeconomic, Racial/Ethnic, and Geographic Characteristics: A Systematic Review and Meta-Regression Analysis.” Epidemiologic Reviews 29(1):6-28, 2007. Available at: <http://epirev.oxfordjournals.org/content/29/1/6.full.pdf+html>
11. Braveman PA, Cubbin C, Egerter S, et al. “Socioeconomic Disparities in Health in the United States: What the Patterns Tell Us.” American Journal of Public Health 100(S1):S186-S196, 2010. Available at: <http://ajph.aphapublications.org/doi/pdf/10.2105/AJPH.2009.166082>
12. Babey SH, Jones M, Yu H, Goldstein H. Bubbling Over: Soda Consumption and its Link to Obesity in California. UCLA Center for Policy Research and California Center for Public Health Advocacy, 2009.
13. Liquid Candy: How soft drinks are harming America’s health. Center for Science in the Public Interest. 2005. Available at: <http://cspinet.org/new/pdf/liquidcandyfinalwnewsupplement.pdf>
14. Rutgers Center for State Health Policy: New Jersey Childhood Obesity Study Camden Chart Book-Summer 2010.