

RESOLUTION NO. 2394

A RESOLUTION OF THE CITY OF SALISBURY, MARYLAND SETTING FORTH SALISBURY'S COMMITMENT TO OBESITY PREVENTION.

WHEREAS, in January 2013, the Maryland Municipal League entered into a memorandum of understanding with the Institute for Public Health Innovation to work collaboratively on the HEAL Cities & Towns Campaign; and

WHEREAS, the City of Salisbury has the ability to affect the health of its residents positively; and

WHEREAS, planning and constructing an environment that encourages walking, biking, and other forms of physical activity can promote health; 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; and

WHEREAS, more than half of Maryland's adults are overweight or obese and therefore at risk for many chronic conditions including Type 2 diabetes, heart disease, cancer, arthritis, non-chronic stroke, and hypertension; and

WHEREAS, one in three youth in Maryland is overweight or obese; and

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

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

WHEREAS, obesity takes a tremendous toll on the health and productivity of all Marylanders; and

WHEREAS, the annual cost to Maryland—in medical bills, workers' compensation, and lost productivity—for obesity and physical inactivity exceeds \$3 billion; and

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

WHEREAS, supporting the health of residents and the local workforce would decrease chronic disease and health care costs and increase productivity.

NOW, THEREFORE, BE IT RESOLVED that the City Council hereby recognizes that obesity is a serious threat to the health and well-being of adults, children, and families in Salisbury; that a commitment is needed to put healthy choices within the reach of all residents; that while individual lifestyle changes are necessary, individual effort alone is insufficient to combat obesity's rising tide; and that significant societal and environmental changes are needed to support individual efforts to make healthier choices. To that end, the City of Salisbury adopts this Healthy Eating Active Living Resolution. This resolution shall not create any new justiciable right or cause of action but is a statement of the City's purpose and goals:

**Physical Activity, Active Transportation, and Land Use**

BE IT FURTHER RESOLVED that Salisbury planners, engineers, and community economic and redevelopment personnel responsible for the design and construction of parks, neighborhoods, streets, and business areas should make every effort to:

- Update the Comprehensive Plan to:
  - Create programs to finance and construct parks and recreation facilities,
  - Incentivize transit-oriented and mixed-use development,
  - Incentivize infill development over greenfield and suburban development,
  - Incentivize and encourage compact development patterns with the adoption of an interjurisdictional transfer of development rights program,
  - Design and articulate an implementation program for a complete urban greenway system,
  - Ensure no home is more than one half mile from a park or playground,
  - Provide for citywide connectivity between recreational assets by trail, bike route, and greenway,
  - Increase opportunities for physical activity wherever and whenever possible, including complete streets policies, compact, mixed-use, and transit-oriented development, and
  - Prioritize capital improvements projects to increase opportunities for physical activity;
- Design streets and roads to be safe for all users (motorists, bicyclists, pedestrians, and the handicapped) using the following strategies:
  - Adopt a complete streets policy,
  - Develop a complete, connected, branded bike lane, bike share, and bike storage system,
  - Require connectivity between parcels, streets, and pedestrian and bike infrastructure, and
  - Adopt LEED-ND (or portions thereof) as a standard for proposed developments;
- Use development tools to:
  - Adopt a form based code zoning ordinance,
  - Require developers to include usable space for physical activity and recreation or pay a fee,
  - Institute a complete streets requirement for new development,
  - Require all mandatory open space to be linked between parcels and accessible to the general public, and
  - Expand community access to indoor and outdoor public facilities through joint use agreements with schools and other partners.

### **Access to Affordable Nutritious Foods**

BE IT FURTHER RESOLVED that Salisbury planners and community and economic development personnel responsible for the planning of development, health programs, education and local economic development should make every effort to:

- Update the Comprehensive Plan to:
  - Include provisions that address access to affordable, nutritious foods, including prioritizing healthy food retail establishments in compact, mixed-use, and transit-oriented development policies, proposals, and projects;
- Create and promote farmers' markets using the following strategy:
  - Institute guidelines and/or zoning controls that allow farmers' markets, especially in underserved communities;

- Develop and promote community gardens, urban agriculture, and/or urban farming using the following strategy :
  - Adopt a community garden or urban agriculture ordinance to promote and protect community gardens and urban agriculture, especially in underserved areas;
- Examine racial, ethnic, and socio-economic disparities in access to healthy foods and adopt strategies to remedy these inequities; and
- ~~Map existing fast food outlets and draft an ordinance that will place limits on fast food~~ Examine policies to promote healthy food policies around schools and in neighborhoods ~~with over concentrations of unhealthy food outlets.~~

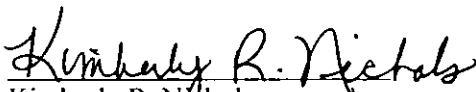
**Implementation**


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 this Resolution, additional steps planned, and any recommended actions that would need to be taken by the City Council.

BE IT FURTHER RESOLVED that the City of Salisbury Staff shall work with HEAL Cities & Towns Campaign Staff to explore HEAL policies and to identify those policies that are suitable for the City's unique local circumstances.

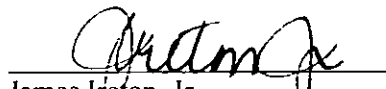
BE IT FURTHER RESOLVED that the City of Salisbury Staff will report back to this Council with recommendations not later than 90 days from the date of this Resolution.

The above resolution was introduced, read, and passed at the regular meeting of the Salisbury City Council on the 28<sup>th</sup> day of April, 2014.

  
 \_\_\_\_\_  
 Kimberly R. Nichols  
 City Clerk

  
 \_\_\_\_\_  
 Jacob R. Day  
 PRESIDENT, City Council

APPROVED by me this  
7<sup>th</sup> day of May, 2014.

  
 \_\_\_\_\_  
 James Ireton, Jr.  
 MAYOR, City of Salisbury

---

**INTER**

---

---

---

---

---

**OFFICE****MEMO**

---

**CITY COUNCIL**

---

**To:** City Council members  
**From:** Jake Day, Council President  
**Subject:** Healthy Eating Active Living Resolution (HEAL Cities)  
**Date:** April 23, 2014

---

---

Municipalities and their residents face increased medical costs and diminished quality of life due to the epidemic of obesity. Municipal leaders across Maryland are addressing the crisis by adopting local policies that encourage physical activity and nutritious eating.

The Healthy Eating Active Living (HEAL) Cities & Towns Campaign for the Mid-Atlantic is an initiative of the Institute for Public Health Innovation that began in 2012. Through a strategic partnership with the Maryland and Virginia Municipal Leagues and funding from Kaiser Permanente, the HEAL Cities & Towns Campaign provides free coaching and technical assistance to municipal leaders to adopt local policies that promote access to healthy, affordable foods, convenient access to opportunities for physical activity and recreation, and workplace wellness for municipal employees. These policies set the framework for healthy, prosperous communities where people live, work, and play.

Attached is a resolution setting forth the Mayor and City Council's commitment to obesity prevention.