

**RESOLUTION #20131007**

**Becoming a HEAL Community**

**WHEREAS**, the Town has the ability to affect the health and wellbeing of its residents; and

**WHEREAS**, through planning and design the Town can continue to encourage a built environment that promotes walking, biking, and other forms of physical activity that promotes healthy lifestyles; and

**WHEREAS**, obesity has taken a tremendous toll on the health and productivity of all Virginians; and

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

**WHEREAS**, it is within the Town's Comprehensive Plan to strive to be an active and walkable community through initiatives such as the Virginia Department of Transportation's "Complete Streets" effort;

**WHEREAS**, the Town sees merit in supporting initiatives that promotes healthier lifestyles while still being enjoy all of life's opportunities and acknowledge that a healthy lifestyle is a personal choice;

**NOW, THEREFORE, LET IT BE RESOLVED** that the Town of Haymarket hereby recognizes that obesity is a serious public health threat to the health and wellbeing of adults, children and families in **Haymarket**, and a commitment is needed to put healthy choices within reach for all residents. 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 Town of Haymarket adopts this Healthy Eating Active Living resolution:

## I. Built Environment

**BE IT FURTHER RESOLVED** that the Town of Haymarket elected officials, planner, engineer, community economic and redevelopment personnel responsible for the design and construction of parks, neighborhoods, streets, and business areas, should make every effort to:

- Prioritize capital improvements projects to increase the opportunities for physical activity;
- Plan and construct a built environment that encourages walking, biking and other forms of physical activity;
- Address walking and biking connectivity between residential neighborhoods and schools, parks, recreational resources, and retail through design and layout;
- Revise comprehensive plans and zoning ordinances to increase opportunities for physical activity wherever and whenever possible, including complete streets policies, compact, mixed-use and transit-oriented development:

## II. Workplace Wellness

**BE IT FURTHER RESOLVED** that in order to promote wellness within Town of Haymarket, and to set an example for other businesses, **the Town of Haymarket** pledges to work on adopting and implementing a workplace wellness policy that will:

- Establish physical activity breaks for meetings over two hours in length;
- Continue to provide for a water resource and promote water consumption in the workplace and at meetings
- Explore the development of a fitness benefit providing opportunities for paid physical activity breaks during the work week for municipal employees, and/or reduced membership rates at local fitness centers

## III. Healthy Food Access

**BE IT FURTHER RESOLVED** that **the Town of Haymarket** elected officials, staff, community economic personnel responsible for the design and of parks, neighborhoods, streets, and business areas, should make every effort to:

- Work with the local Farmers' Market to promote and expand its current operation for the benefit of the residents of the Town.
- Create a Memorandum of Understanding with the Farmers' Market to provide them a long term agreement for the location of the Farmers' Market to establish long term success.
- Work with local restaurants to promote healthier options to existing menus through a Healthy Restaurant Recognition Program, based upon current state nutrition standards.

#### IV. Implementation

**BE IT FURTHER RESOLVED** that the elected officials and staff should annually review the steps taken to implement the Resolution, discuss additional steps planned, and any desired actions that would need to be taken up by the town council.

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

**BE IT FURTHER RESOLVED** that staff will report back to this Council with recommendations not later than the beginning of 2014 with ideas and concepts for implementing healthy initiatives in and around the Town.

Done this 7<sup>th</sup> day of October, 2013

ATTEST:



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Jennifer Preli, Town Clerk

MOTION: Aitken  
SECOND: Harnest

Votes:

Ayes: Aitken, Bare, Harnest, Scarbrough, Kenworthy, Tobias  
Nays: 0  
Absent: 0