

## **RESOLUTION**

### **A RESOLUTION SUPPORTING THE HEALTHIEST WEIGHT FLORIDA INITIATIVE**

**WHEREAS**, the City of Orlando supports policies that focus on healthy weight, health and wellness, and healthier lifestyles in all communities; and

**WHEREAS**, the Florida Department of Health has launched a healthy weight campaign known as "Healthiest Weight Florida", a public-private collaboration to help Florida's children and adults make informed, consistent choices about healthy eating and active living; this program has been embraced by individuals and businesses in many cities, counties, and communities; and

**WHEREAS**, the State Surgeon General has launched the 2015 Healthy Weight Community Champion Recognition Program that will recognize local governments and active municipalities (cities, towns and villages) and 67 counties that implement policies to help people become more physically active and improve nutrition; Best practice policies implemented by communities will be recognized on January 5, 2015; and

**WHEREAS**, more than 63% of residents in Orange County are estimated to be overweight or obese and more than 14 % of middle and high school students are obese; and

**WHEREAS**, more than 69% of Orange County adults do not consume at least 5 servings of fruits and vegetables daily and more than 36 % of teens in Orange County are not engaged in vigorous physical activity; and

**WHEREAS**, poor nutritional choices and a lack of physical activity are linked to excessive weight and obesity which increase the risk of diabetes, cancer, heart disease, liver disease, hypertension and other health conditions; and

**WHEREAS**, the City of Orlando has been recognized for its achievements in reducing childhood obesity from the National League of Cities (NLC) as a part of the Let's Move! Cities, Towns and Counties campaign and for over 10 years has supported healthy eating and active living through the Get Active Orlando initiative; and

**WHEREAS**, city officials believe there are important, long-term community benefits to be gained by encouraging healthy lifestyles, including a decrease in overweight and obesity in Florida's adults and children and the associated negative health related impacts; and

**WHEREAS**, cities and community partners can work together to ensure that there are safe places for residents to be active, such as in parks, ball fields, pools, gyms, and recreation centers; and

**WHEREAS**, access to healthy foods has a direct impact on the overall health of our community and planning for fresh food, open space, sidewalks, and parks should be a priority.

**NOW, THEREFORE**, BE IT RESOLVED THAT THE MAYOR AND ORLANDO CITY COUNCIL challenge all local governments, businesses, students, parents and all residents to participate in the Healthy Weight Florida campaign to foster healthy weight and improve overall health, improve job and school performance and decrease work and school absenteeism.

Signed this \_\_\_\_ day of \_\_\_\_\_, 2014.

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Buddy Dyer, Mayor

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Alana Brenner, City Clerk