

## **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 2016 Healthy Weight Community Champion Recognition Program to recognize local governments and active municipalities (cities, towns and villages) as well as 67 counties that implement policies to help people become more physically active and improve nutrition with best practice policies implemented by communities being recognized on January 4, 2016; and

**WHEREAS**, in Florida only 36.4 % of adults are at a healthy weight and 6 out of 10 children born today will be obese by the time they graduate from high school; 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**, 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**, the City of Orlando has been recognized for its many 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 11 years supported active living through the celebrated Get Active Orlando (GAO) initiative; and

**WHEREAS**, the City of Orlando provides diverse and innovative activity programming for citizens of all ages and abilities as well as supporting local professional athletic teams such as the Orlando Magic, Orlando City Soccer Club, Orlando Solar Bears and the Orlando Predators; and

**WHEREAS**, the City of Orlando and its many community partners have expanded their efforts in recent years to ensure that there are safe places for residents to be active, in areas such as parks, ball-fields, pools, gyms, and recreation centers; and

**WHEREAS**, the City of Orlando through Greenworks Orlando and as a founding partner in Good Food Central Florida, supports community gardens, farmers markets and food hubs, to create a sustainable and nutritious local food system; and

**WHEREAS**, the City of Orlando as a member of the YMCA's Healthy Living Committee champions access to healthy food as well as promoting healthy workplaces;

**WHEREAS**, the City of Orlando as a participant in the development of the State Road (SR) 50 Health Impact Assessment (HIA), supports the development of a multimodal transportation system, including complete streets, open space, and trails all of which has a direct impact on the overall health of our community; and

**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 \_\_\_\_\_, 2015.

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Buddy Dyer, Mayor

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Celeste Brown, City Clerk

