

NOT YET APPROVED

Resolution No. _____

Resolution of the Council of the City of Palo Alto to Adopt Healthy Social, Cultural and Physical Environments that Promote and Support Wellbeing and Creative Expression for Ourselves, Our Families and Our Community in Support a of Healthy City/Healthy Community

WHEREAS, in 1986, the World Health Organization launched Healthy Cities in Europe and the healthy communities movement takes a broad view of health and human endeavors to achieve improved health and community quality of life; and

WHEREAS, the League of California cities has been leading the way, encouraging cities to embrace policies that promote healthier lifestyles and communities; and

WHEREAS, the City of Palo Alto, League of California Cities and the Palo Alto community have a common interest to promote and develop a safe and healthy city; and

WHEREAS, the City is a member of a global community, and benefits in numerous ways from being a diverse community; and

WHEREAS, the City of Palo Alto and its community partners can work together to understand the relationship between the health of a community and the community culture, land-use policies, equitable access to healthy food and healthy workplaces; and

WHEREAS, supporting the health of residents and the local work force would decrease chronic disease and health care costs while also increasing productivity; and

WHEREAS, the City has been designated a Bike Friendly Community by the League of American Bicyclist with over 65.5 miles of bicycle facilities; and

WHEREAS, the City benefits from an extensive urban forest with tree canopy covering 37.6% of all land and has been designated a Tree City USA by the Arbor Day Foundation; and

WHEREAS, the City has supported healthy and active lifestyles through a comprehensive parks, open space, urban forest, arts and recreation system and maintains 40 miles of trails, 37 parks, 4,000 acres of open space, an 18-hole golf course, an aquatic center, 32 tennis courts and four community gardens; and

WHEREAS, the City is currently updating its Comprehensive Plan which is expected to address the health and well-being of the community to the year 2030 by developing health-related goals and policies that reflect the desires of the community over a wide variety of policy areas including but not limited to promoting a pedestrian-friendly built environment that recognizes the importance of walkable neighborhoods, enhancement of the City's robust tree canopy, and build-out of the City's envisioned pedestrian and bicycle network; and

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WHEREAS, economic and psychological principles have produced a substantial body of evidence that health is a consistent determinant of self-reported happiness, productivity, and positive attitudes toward one self, the community and environment;

NOW, THEREFORE, LET IT BE RESOLVED that the City Council hereby recognizes its role and responsibility in partnership with the community to promote and support a Healthy City/Healthy Community for Palo Alto residents, workers and visitors and hereby the City of Palo Alto adopts this Healthy City/Healthy Community Resolution:

NOW, THEREFORE, the Council of the City of Palo Alto RESOLVES as follows:

SECTION 1. Healthy Culture

The City of Palo Alto in cooperation with the community is committed to building and strengthening a healthy community culture, and making every effort to:

1. Encourage engagement and connection that support a welcoming environment and focus on inclusivity and kindness;
2. Support creativity through visual, performing, and digital arts;
3. Support access to museums, galleries, and musical events;
4. Create opportunities for healthy aging and aging in place;
5. Improve access and awareness to mental health support and education;
6. Seek solutions, promote awareness and compassion for the unhoused;
7. Promote the connection between health and happiness;
8. Support an environment that recognizes the need for all populations to have access to healthy lifestyles and adopt strategies to remedy inequities;
9. Promote and provide opportunities for social interaction;
10. Support youth development through a connection to the arts, educational opportunities, and recreational programs, and through service.

SECTION 2. Healthy Environment

The City of Palo Alto is dedicated to the design and construction of parks, neighborhoods, streets, and business areas that make every effort to:

1. Ensure the Comprehensive Plan and zoning ordinances increase opportunities for walking, biking and other forms of physical activity;
2. Enact laws and regulations that preserve clean air and water;
3. Prioritize capital improvement projects that increase opportunities for health and wellbeing;
4. Support, protect and connect us to our natural environment and cultural resources;
5. Address walking and biking connectivity between residential neighborhoods and schools, parks, recreational resources and retail, and improve multi-modal transit;
6. Expand community access to indoor and outdoor public facilities through joint use agreements with schools and other partners;
7. Incorporate people-friendly design into buildings and spaces such as human scale, tree-shaded pedestrian passageways, gathering places, that demonstrate favorable impacts on resident and employee health and quality of life;

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8. Examine racial, ethnic, socio-economic, and geographic disparities in access to healthy foods, physical activity facilities, tree canopy cover or resources and adopt strategies to remedy these inequities.

SECTION 3. Healthy Food Access

The City of Palo Alto in cooperation with public and private entities is committed to healthy food access, and making every effort to:

1. Facilitate the siting of affordable grocery stores and promote community participation in community gardens and farmers markets to increase access to healthy food, including fresh fruits and vegetables;
2. Seek opportunities for increased access to healthy foods, including prioritizing affordable healthy food retail in development policies, proposals and projects;
3. Include health and wellbeing goals and policies related to access to healthy food in the Comprehensive Plan update.

SECTION 4. Healthy Workplace

In order to promote wellness within the City of Palo Alto, and to set an example for other employers, City of Palo Alto pledges to adopt and implement an employee wellness policy that will:

1. Offer employee health incentives for healthy eating and physical activity;
2. Encourage walking to meetings and use of stairways;
3. Support emotional and mental wellbeing;
4. Set nutrition standards for vending machines located in city-owned or leased locations, and for food offered at city events, city-sponsored meetings, served at city facilities and city concessions, and city programs;
5. Accommodate breastfeeding employees upon their return to work;
6. Adopt ethics standards; and adopt policies that support diversity, promote safe, positive, inclusive, welcoming work environments that invite creativity;
7. Adopt policies that establish Palo Alto as a leading example of open government dedicated to the health and well-being of the public.

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SECTION 5. The Council finds that the adoption of this resolution does not meet the definition of a project under Public Resources Code Section 21065, thus, no environmental assessment under the California Environmental Quality Act is required.

INTRODUCED AND PASSED:

AYES:

NOES:

ABSENT:

ABSTENTIONS:

ATTEST:

City Clerk

Mayor

APPROVED AS TO FORM:

APPROVED:

City Attorney

City Manager