

RESOLUTION NO. 22-013

**RESOLUTION OF THE COUNCIL OF THE CITY OF PACIFIC GROVE
SUPPORTING ACTIVE PEOPLE, HEALTHY NATIONSM**

FINDINGS

WHEREAS, the City Council of Pacific Grove, California is committed to supporting a thriving, vibrant, and healthier community for residents of all ages and abilities;

WHEREAS, the City Council of Pacific Grove, California recognizes the importance of providing access to safe and convenient places to be physically active for people regardless of age, race, income, socio-economic status, disability status, and geographic location;

WHEREAS, approximately 1 in 5 children and 2 in 5 adults in the U.S. have obesity;

WHEREAS, 1 in 2 adults live with a chronic disease and about half of this group have two or more chronic diseases;

WHEREAS, the Physical Activity Guidelines for Americans recommend that children (ages 6-17 years) do 60 minutes or more of moderate-to-vigorous intensity physical activity each day and adults (ages 18 years and older) do at least 150 minutes a week of moderate intensity activity such as brisk walking;

WHEREAS, physically active people generally live longer and are at less risk for serious health problems like heart disease, type 2 diabetes, obesity, and some cancers; and for people with chronic diseases, physical activity can help manage these conditions and complications;

WHEREAS, physical activity can benefit the workforce because physically active people tend to take fewer sick days;

WHEREAS, the Centers for Disease Control and Prevention (CDC) is leading Active People, Healthy NationSM, a national initiative to help 27 million Americans become more physically active by 2027;

WHEREAS, communities can support Active People, Healthy Nation by implementing 1 (or more) of 7 evidence-based strategies recommended by CDC to increase physical activity across sectors and settings;

WHEREAS, building active and walkable communities can help increase levels of retail economic activity and employment, increase property values, support neighborhood revitalization, and reduce health care costs;

WHEREAS, the City Council of Pacific Grove, California recognizes its ability to expand achievable, measurable, and sustainable efforts to increase physical activity across the

community by supporting Active People, Healthy Nation strategies, and formalizing complete streets;

WHEREAS, every Active People, Healthy Nation strategy can be designed to support the goal of equitable and inclusive access to opportunities for physical activity;

WHEREAS, Councilmember Poduri, through his involvement with Smart Growth America, American Heart Association and the CDC is championing this cause

NOW, THEREFORE, BE IT RESOLVED BY THE CITY COUNCIL OF THE CITY OF PACIFIC GROVE:

1. The Council recognizes that physical activity is one of the best things adults, children, and families in Pacific Grove can do to improve their health.
2. In light of the foregoing considerations the City of Pacific Grove hereby commits to supporting Active People, Healthy Nation initiatives by adopting the following strategy:
 - **Activity-Friendly Routes to Everyday Destinations:** This strategy will help to make it safe and easy to walk, bicycle, or wheelchair roll for people of all ages and abilities by improving the design of the City of Pacific Grove to connecting routes such as sidewalks, trails, bicycle lanes, and public transit to destinations such as grocery stores, schools, worksites, libraries, parks, or health care facilities.

PASSED AND ADOPTED BY THE COUNCIL OF THE CITY OF PACIFIC GROVE this 6th day of April, 2022, by the following vote:

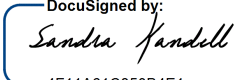
AYES: Mayor Peake, Mayor Pro Tem McAdams, Councilmembers Amelio, Coletti, Poduri, and Tomlinson.
 NOES: Councilmember Smith.
 ABSENT: None.

APPROVED:

DocuSigned by:

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 BILL PEAKE, MAYOR

ATTEST: **4/7/2022**
 DATED: _____

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 SANDRA KANDELL, City Clerk

APPROVED AS TO FORM:

DocuSigned by:
David C. Laredo
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DAVID C. LAREDO, City Attorney