



Memorandum

TO: RULES AND OPEN GOVERNMENT
COMMITTEE

FROM: Councilmember Forrest Williams

SUBJECT: SEE BELOW

DATE: August 14, 2008

Approved

Forrest Williams

Date

8/14/08

**SUBJECT: A RESOLUTION OF THE CITY COUNCIL OF THE CITY OF SAN JOSE
PROMOTING HEALTH AWARENESS AND RECOGNIZING THAT THE
CITY COUNCIL IS EMPOWERED TO ENCOURAGE AND TO BE A ROLE
MODEL FOR FITNESS, PHYSICAL ACTIVITY, NUTRITION AND
WELLNESS TO THE RESIDENTS AND EMPLOYEES OF THE CITY**

RECOMMENDATION

Please agendaize the following item for the City of San Jose Council agenda to adopt the attached resolution (see attachment) to promote health and wellness.

CC: Honorable Mayor, City Council
Lee Price, City Clerk



RESOLUTION NO. _____

**A RESOLUTION OF THE CITY COUNCIL OF THE CITY OF SAN JOSE
PROMOTING HEALTH AWARENESS AND RECOGNIZING THAT THE CITY
COUNCIL IS EMPOWERED TO ENCOURAGE AND TO BE A ROLE MODEL FOR
FITNESS, PHYSICAL ACTIVITY, NUTRITION AND WELLNESS TO THE
RESIDENTS AND EMPLOYEES OF THE CITY**

WHEREAS, The City of San Jose has an obligation to promote the health and wellness of its citizens and employees; and

WHEREAS, 16% of children and adolescents are overweight nationally and in San Jose 22% of residents are obese and 36% are overweight; and

WHEREAS, California is experiencing an epidemic of overweight, obesity, and diabetes costing the State and County financially and causing suffering, illness, and death of Californians; and

WHEREAS, during 1997-1999 the annual hospital costs related to an overweight condition in children and adolescents were \$127 million according to the American Heart Association; and

WHEREAS, leaders in all branches of government have recognized the problems of overweight, obesity, and diabetes and through an inclusive commitment can lead the City toward increased physical activity and improved nutrition and wellness; and

WHEREAS, data on overweight, obesity, and diabetes for Santa Clara County call for a need for action; and

WHEREAS, the City of San Jose has opportunities to positively affect the health and wellness of residents and employees through promoting healthy and active lifestyles; and

WHEREAS, workplaces can improve productivity, promote health, and reduce liability costs by making available healthy food service and vending choices, increasing access to safe stairways, encouraging bicycling and walking for commuters and the development of programs related to employee health; and

NOW, THEREFORE, BE IT RESOLVED by the City Council of the City of San Jose that the City of San Jose, a public entity established under the laws of the State of California, hereby encourages the promotion of health awareness by all branches of government, collaborative action by interested communities, development of initiatives for workplace health and wellness and participation in recreation and physical activities, including those offered by Parks Recreation and Neighborhood Services, for all residents; and

BE IT FURTHER RESOLVED, that the City Council of the City of San Jose recognizes that it is empowered to encourage and be a role model for fitness, physical activity, nutrition and wellness, to the residents and employees of our City.