TOWN OF TIMNATH, COLORADO
RESOLUTION NO. 33, SERIES 2017

APPROVING A HEALTHY LIVING AND OBESITY PREVENTION POLICY

WHEREAS, the Town Council of the Town of Timnath ("Town") pursuant to C.R.S. § 31-15-103, has the power to pass resolutions; and

WHEREAS, attached hereto as Exhibit A is a policy that provides an outline of the necessary management activities in order to allow for an Obesity Prevention program; and

WHEREAS, obesity has been identified by the Colorado Department of Public Health and Environment as one of the ten winnable battles in Colorado; and

WHEREAS, the Colorado Municipal League’s Vision Statement acknowledges the importance of sustaining strong, healthy and vibrant cities and town; and

WHEREAS, in November 2012 the Colorado Municipal League Board of Directors entered into a memorandum of understanding with LiveWell Colorado to work collaboratively on the HEAL Cities and Towns Campaign; and

WHEREAS, LiveWell Colorado is a nonprofit organization committed to preventing and reducing obesity in the state by promoting healthy eating and active living in the places we live, work and play; and

WHEREAS, 57 percent of Colorado adults and 27 percent of Colorado children are overweight or obese; and

WHEREAS, the adult obesity rate has doubled in Colorado since 1995 and, if trends continue, only 33 percent of adults will be a healthy weight by 2020; and

WHEREAS, more children are being diagnosed with diseases linked to being overweight and obesity previously seen only in adults, such as Type 2 diabetes and heart disease. The current generation of children are expected to have shorter lives than their parents due to the consequences of obesity; and

WHEREAS, the annual cost to Colorado – in medical bills, workers compensation and lost productivity – for being overweight, obesity, and physical inactivity exceeds $1.6 billion; and
WHEREAS, cities and towns have the ability to impact opportunities for healthy eating and active living; and

WHEREAS, the Town Council is familiar with the Policy and finds it to be in the best interest of the Town, its residents, and the general public.

NOW, THEREFORE, BE IT RESOLVED BY THE TOWN COUNCIL OF THE TOWN OF TIMNATH, COLORADO AS FOLLOW:

Section 1. Approval
The Town Council hereby recognizes that obesity is a serious public health threat to the health and well-being of adults, children, families in the Town of Timnath and employees of the Town of Timnath. While individual lifestyle changes are necessary, individual efforts alone are insufficient to combat obesity’s rising rates. Significant societal and environmental changes are needed to support individual efforts to make healthier choices. To that end, the Town of Timnath adopts this Healthy Living and Obesity Prevention Policy.

INTRODUCED, MOVED, AND ADOPTED BY THE TOWN COUNCIL OF THE TOWN OF TIMNATH, ON MAY 9, 2017.

TOWN OF TIMNATH, COLORADO

Jill Grossman-Belisle, Mayor

ATTEST:

Milissa Peters, CMC
Town Clerk
EXHIBIT A

Healthy Living and Obesity Prevention Policy
TOWN COUNCIL ADOPTED POLICY

SUBJECT: Healthy Living and Obesity Prevention Policy

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INTENT
The Town of Timnath fosters the well-being of the Town of Timnath residents and its municipal employees by setting an intention of promoting healthy living and obesity prevention. This is achieved through the creation of policies that encourage residents to live more active lives and have access to healthy food options and the creation of policies that encourage work-life balance and healthy living for Town staff. A Healthy Living and Obesity Prevention policy is hereby created within the Town, whereby staff will focus on contributing to the Town's efforts of creating a community that fosters healthy living for Town residents and Town staff.

POLICY

I. For Residents – The Town Manager, the Town of Timnath planners, engineers, public works and finance staff will be responsible for the design and construction of parks, neighborhoods, streets, and business areas, and should make every effort to create environmental changes that support individual efforts to make healthier choices in the following areas:

A. Active Community
   1. Prioritize capital improvement projects to increase the opportunities for physical activity.
   2. Continue to plan and construct a built environment that encourages walking, biking and other forms of physical activity.
   3. Continue to address walking and biking connectivity between residential neighborhoods and schools, parks, recreational resources, and retail developments.
   4. Continue to update and revise the Timnath Transportation Plan and zoning ordinances to increase opportunities for physical activity wherever and whenever possible, including complete streets policies, compact, mixed-use and transit-oriented development.
   5. Include health goals and policies related to physical activity in the comprehensive plan, and update and create specific area plans.
B. Healthy Food Access

1. Revise and update relevant zoning codes and other regulations to increase opportunities for access to healthy foods wherever and whenever possible, including prioritizing healthy food retail in compact, mixed-use developments and transit oriented developments, allowing diverse revenue-generation on local farms, and allowing small farmer’s markets, produce stands, and mobile vending.
2. Map the existing food environment, beginning with Harmony Corridor, and draft an ordinance that will place limits on fast food and convenience stores that do not offer healthy options around schools and in the neighborhoods with over-concentrations of unhealthy food outlets.

II. For the Town of Timnath Staff – The Town Manager, the Town of Timnath planners, engineers, public works and finance staff should make every effort to create environmental changes that support the efforts of Town of Timnath staff to make healthier choices.

A. Workplace Wellness

1. Enable employees and their dependents to feel their best, eat well, move more and embrace work-life balance.
2. Minimize the impact of rising health costs on our organization and plan members.
3. Maximize productivity by providing a healthy and safe work environment and supporting healthy behaviors.
4. Establish physical activity breaks for staff meetings over one hour in length.
5. Set nutrition standards for vending machines located in Town owned or leased locations.
6. Set nutrition standards for food offered at town events, town sponsored meetings, and food served at town facilities, town concessions, and town programs.
7. Accommodate breastfeeding employees upon their return to work.
8. Provide accommodations that promote physical activity and well-being for employees, such as: showers, bike lockers, lockers, and/or fitness equipment.
9. Establish a Wellness Program through the creation of a Wellness Committee(s) or Survey
10. Assess the workplace environment and set focuses for wellness programs.

III. Implementation – The head of each affected agency or department should report back to the Council annually regarding steps taken to implement the Resolution, additional steps planned, and any desired actions that would need to be taken by the Council.