

RESOLUTION NO. 2107

**A RESOLUTION OF THE GOLDEN CITY COUNCIL
SUPPORTING THE EFFORTS OF THE METRO MAYORS
CAUCUS TO PROMOTE "LIVEWELL COLORADO-LET'S
MOVE CITIES AND TOWNS" INITIATIVE**

WHEREAS, Colorado's statistically low obesity and high physical activity rates position our citizens among the nation's most fit; and

WHEREAS, our metro Denver economy benefit from our healthy and physically active populace in that our citizens are more energetic and productive employees and place fewer demands on the healthcare system; and

WHEREAS, according to the Centers for Disease Control and Prevention (CDC), there has been a dramatic increase in obesity in the United States during that past 20 years. In 2006, only four states had a prevalence of obesity less than 20%; and

WHEREAS, obesity may soon supplant smoking as the number one cause of preventable death in the United States; and

WHEREAS, although our state has enjoyed one of the lowest obesity rates in the nation, Colorado's trends are heading in the wrong direction as they mirror the troubling national trend of declining physical activity and increasing rates of overweight and obesity; and

WHEREAS, if current trends continue, by 2040, 47% of Coloradans will be overweight, 29% obese, and only 24% will be at a healthy weight; and

WHEREAS, beyond the negative impact on quality of life and productivity, obesity is linked to chronic, yet preventable, diseases such as Type 2 diabetes, heart disease, stroke hypertension and cancer; and

WHEREAS, research shows the positive link between community design and increased physical activity in that residents are more active when they live in compact, walkable areas, as are children that live close to parks and to their school; and

WHEREAS, a critical step towards a healthy and active populace is making walking and bicycling safe within our communities by adopting appropriate street standards for transportation infrastructure to be used in new developments and in street reconstruction; and

WHEREAS, our decisions also impact the ease and safety with which our residents can walk or bicycle to and from school, work, the local grocery store, and to other daily activities and recreation; and

WHEREAS, our land use decisions impact the location, availability, and accessibility of healthy foods and can improve our citizens' access to healthy foods by working proactively to site stores, markets, gardens, and farms within or near our communities; and

WHEREAS, we recognize that many locally grown foods place fewer demands on the natural environment and have significant economic benefits to Colorado's local economies; and

WHEREAS, we wield great influence with the employers in our community who can work with us as partners, taking their own steps to make the work environment healthier for employees; and

WHEREAS, we are partners with our school districts in caring for our greatest legacy; the children in our communities; and

WHEREAS, the City of Golden has an established commitment to promote health and wellness in the community by promoting walkability, bikeability, an outstanding system of parks and trails, a first-rate community center, clean air and water; and

WHEREAS, the Metro Mayors Caucus, a collaborative of 40 mayors in the Denver metropolitan region, was formed to address issues of regional importance and scope; and

WHEREAS, the Caucus has been instrumental in streamlining and overlapping the First Lady's "Let's Move" initiative and the LiveWell Colorado initiative into a single effort; and

WHEREAS, the Caucus has identified four principal areas for action in the First Lady's "Let's Move" initiative and the LiveWell Colorado initiative which include A. Helping parents make healthy family choices, B. Improving the health of schools, C. Increasing physical activity opportunities, D. Making healthy food affordable and accessible; and

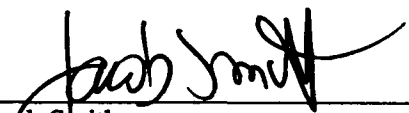
WHEREAS, the Metro Mayors Caucus has drafted a document encouraging participation in this unified effort cities can take to promote the health of their employees and residents.

THEREFORE, BE IT RESOLVED BY THE CITY COUNCIL OF THE CITY OF GOLDEN, COLORADO:

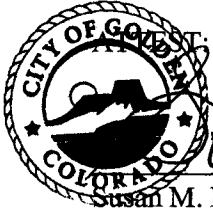
Section 1: The Golden City Council agrees to commit with other Denver Metro municipalities and counties to act in a strategic and concerted effort to impede and reverse negative health trends in Colorado by promoting policies and programs and by pursuing environmental changes that encourage healthy eating and promote active living.

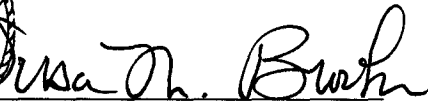
Section 2: The Mayor is hereby authorized to execute the LiveWell-Let's Move Cities and Towns commitment document promoting community health and wellness on behalf of the City of Golden.

Adopted this 27th day of January, 2011.

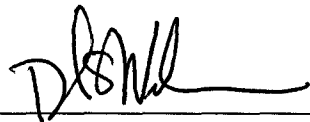


Jacob Smith
Mayor




Susan M. Brooks, MMC
City Clerk

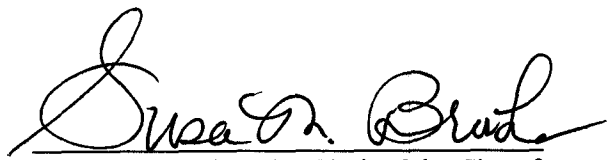
APPROVED AS TO FORM:



David S. Williamson
City Attorney

I, Susan M. Brooks, City Clerk of the City of Golden, Colorado, do hereby certify that the foregoing is a true copy of a certain Resolution adopted by the City Council of the City of Golden, Colorado at a regular business meeting thereof held on the 27th day of January, A.D., 2011.



ATTEST: 
Susan M. Brooks, City Clerk of the City of
Golden, Colorado