



City of Palo Alto

City Council Staff Report

(ID # 6418)

Report Type: Consent Calendar

Meeting Date: 12/14/2015

Summary Title: From P&S - Healthy Cities, Healthy Communities

Title: Staff and the Policy and Services Committee Recommend Adoption of the Revised Healthy City Healthy Community Resolution

From: City Manager

Lead Department: Community Services

Recommendation

The Policy and Services Committee and staff recommend approval of the revised Healthy Cities, Healthy Communities Resolution (Attachment A), encouraging healthy social, cultural and physical environments that promote and support health, well-being and creative expression for ourselves, our families and our communities.

Background

On October 26, 2015 Council reviewed a draft Resolution that supports Healthy Cities, Healthy Communities (Attachment B). Staff developed the resolution with a diverse group of interested citizens and stakeholders. While there was broad support from Council for the draft resolution, Council recommended that the draft resolution first be reviewed by the Policy and Services and then return to Council for adoption.

Discussion

Council feedback from the October 26, 2015 Council meeting has been incorporated into a revised draft resolution (Attachment A). On December 1, 2015 the Policy and Services Committee reviewed the edits to the resolution from the October version. A redlined version of the draft resolution can be seen in the Policy and Services staff report (Attachment C), so that Council members and the public can easily see where changes that have been made.

The revisions from the original draft include new language that is intended to be more aspirational and less directive, while retaining sufficient specificity to guide and encourage action toward greater health for our City and community. Staff also deleted the item that states "accommodate breastfeeding employees upon their return to work" as this is something the City is already doing, and is legally mandated, and therefore is redundant.

As discussed at the October 26, 2015 Council meeting and at the December 1, 2015 Policy and Services Committee meeting, Palo Alto's Healthy Cities Healthy Community draft resolution has four areas of focus. Three areas of focus are recommended by the League of CA Cities "Healthy Eating Active Living Campaign" (Attachment C), namely: Healthy Environment, Healthy Food Access, and Healthy Workplace, a fourth area of focus was recommended and added staff and a diverse stakeholder group that helped draft the resolution, that fourth area of focus is titled Healthy Culture.

Below is a description of the four focus areas:

1. Healthy Culture addresses elements of health that support the social, emotional, and mental wellbeing of the community. A healthy culture encourages expressions of creativity, supports an environment of inclusivity and kindness, builds social connections, and grows social and civic capital, strengthening the link between health and happiness.
2. Healthy Environment includes urban design and the planning and funding of capital projects that increase opportunities for walking, biking and other forms of physical activity, in addition to increasing the connection between residents and their natural environment (parks, playgrounds, trails, sidewalks, etc.).
3. Healthy Food Access promotes the collaboration between the City, neighborhoods, non-profits and business to increase access to healthy and affordable food options through grocery stores, community gardens, and farmers markets.
4. Healthy Workplace is designed to enhance the quality of life among workers. The well-being of any workforce is critical in fulfilling the mission of their organization. A healthy workforce can improve productivity, employee morale and job satisfaction.

Staff further recommends the City in partnership with the community strive to accomplish the following goals in the remainder of Fiscal Year 2016 and during Fiscal Year 2017, assuming the Council reaffirms Healthy Cities, Healthy Community as a goal at its January, 2016 Retreat.

The FY 2016 / FY 2017 goals in support of the resolution are as follows:

1. Create a welcome packet for new residents, that orient individuals and families to the many health and wellness opportunities available in Palo Alto;
2. Include Healthy City/Healthy Community goals, policies and programs in the Comprehensive Plan Update;
3. Advance specific and safe Bike/Pedestrian Plan projects;

4. Implement a City of Palo Alto Employee Health and Wellness Initiative;
5. In partnership with the business community, coordinate a forum for local businesses to share and learn about workplace health and wellness best practices and encourage the adoption of similar employee health and wellness initiatives;
6. In partnership with community partners, coordinate an annual Health Fair that promotes community health and wellbeing;
7. In partnership with community partners, establish specific metrics to measure progress.

Timeline

Staff plans to reconvene the Healthy Cities Healthy Community stakeholder group in January, 2016 to help advance the objectives in the Resolution, along with other potential means of engagement. Through this community stakeholder process, an annual report on progress would be provided to Council, including steps taken to implement the Resolution, and additional actions planned, including any decisions or direction that would need to be provided by Council.

Resource Impact

Community Services will be the lead department with support from the Planning and Community Environment and People Strategy and Operations Departments. Together we will track the implementation of the resolution goals and objectives. No additional General Fund resources are requested at this time.

Policy Implications

The Comprehensive Plan currently includes a variety of policies and programs that support the Healthy Cities, Healthy Communities Resolution. As Council, the Citizen Advisory Committee and staff work on updating the Comprehensive Plans vision, goals, policies and programs we will look for opportunities to deepen the City's commitment to health and wellness.

Attachments:

Attachment A: Palo Alto's Healthy Cities Healthy Community Resolution

Attachment B: Council Staff Report - October 26, 2015

Attachment C: Policy and Services Staff Report – December 1, 2015

Attachments:

- ATT C - P&S Staff Report ID# 6362 Healthy Cities (PDF)
- ATT B - Council Report Oct 26, 2015 (PDF)
- ATT A - Revised Healthy Cities Healthy Community Resolution (DOCX)



City of Palo Alto

Policy and Services Committee Staff Report

(ID # 6362)

Report Type: Agenda Items**Meeting Date: 12/1/2015****Summary Title: Healthy Cities Healthy Community - Council Referral****Title: Discussion and Recommendation to Council of Adoption of the Healthy Cities, Healthy Communities Resolution Encouraging Healthy Social, Cultural and Physical Environments That Promote and Support Health, Wellbeing and Creative Expression for Ourselves, our Families and our Communities****From: City Manager****Lead Department: Community Services****Recommendation**

Review the revised Healthy Cities, Healthy Communities Resolution (Attachment A) Encouraging healthy social, cultural and physical environments that promote and support health, well-being and creative expression for ourselves, our families and our communities and return to Council for adoption.

Background

On October 26, 2015 Council reviewed a staff recommendation to adopt a Resolution in support of Healthy Cities, Healthy Communities (Attachment B), that staff developed with a diverse group of interested citizens and stakeholders. While there was broad support for the draft resolution, Council recommended that the draft resolution first be reviewed by the Policy and Services and then return to Council for adoption.

Discussion

At the October 26, 2015 Council meeting, Council provided feedback on the draft resolution. That feedback, as staff understood it, has been incorporated into a revised draft resolution (Attachment A). The edits are redlined in Attachment A, so that Council members and the public can easily see where changes have been made.

The revisions include new language that is intended to be more aspirational and less directive, while retaining sufficient specificity to guide and encourage action toward greater health for our City and community. Staff also deleted the item that states "accommodate breastfeeding employees upon their return to work" as this is something the City is already doing, is legally mandated, and therefore is redundant.

As seen in Palo Alto's Healthy City Healthy Community draft resolution on October 26 the four areas of focus remain. Three areas of focus are recommended by the League of CA Cities Healthy Eating Active Living Campaign (Attachment C), namely: Healthy Environment, Healthy Food Access, and Healthy Workplace, a fourth area of focus was recommended by the Palo Alto's stakeholder group which is titled Healthy Culture. Below is a description of the four focus areas:

1. Healthy Culture addresses elements of health that support the social, emotional, and mental wellbeing of the community. A healthy culture encourages expressions of creativity, supports an environment of inclusivity and kindness, builds social connections, and grows social and civic capital—strengthening the link between health and happiness.
2. Healthy Environment includes urban design and the planning and funding of capital projects that increase opportunities for walking, biking and other forms of physical activity, in addition to increasing the connection between residents and their natural environment (parks, playgrounds, trails, sidewalks, etc.).
3. Healthy Food Access promotes the collaboration between the City, neighborhoods, non-profits and business to increase access to healthy and affordable food options through grocery stores, community gardens, and farmers markets.
4. Healthy Workplace is designed to enhance the quality of life among workers. The well-being of any workforce is critical in fulfilling the mission of their organization. A healthy workforce can improve productivity, employee morale and job satisfaction. Proposed goals of the Healthy Workplace are to enhance quality of life through physical, emotional and mental health; educate employees on healthy living and ways to implement long lasting habits; improve employee productivity, retention and decrease injury rates; create awareness and self-efficacy around well-being resulting in a more efficient work environment; and promote work-life balance by decreasing stress. In this case, the City's primary application of these principles is to its own workplace.

The draft Resolution (Attachment A) is a progressive statement of support and commitment to supporting a healthy City and healthy community in Palo Alto. The draft Resolution recognizes that health requires a long-term perspective and that it requires an ongoing commitment to build and sustain policies, programs and services that contribute to a healthy city and healthy community. Because Palo Alto has been committed to supporting and building a healthy community for many years, the draft Resolution also serves as an affirmation of the Cities already strong commitment to health.

Staff plans that the Healthy City Healthy Community stakeholder group continue to

meet to help advance the objectives in the Resolution, along with other potential means of engagement. Through this process, an annual report on progress would be provided to Council, including steps taken to implement the Resolution, and additional actions planned, including any decisions or direction that would need to be provided by Council.

This report recommends the City in partnership with the community strive to accomplish the following in the remainder of Fiscal Year 2016 and during Fiscal Year 2017 assuming the Council reaffirms Healthy City, Healthy Community as a goal at its calendar 2016 Retreat.

FY 2016 FY 2017 Goals:

1. Create a welcome packet for new residents that orients individuals and families to the many health and wellness opportunities available in Palo Alto;
2. Include Healthy City/Healthy Community goals, policies and programs in the Comprehensive Plan Update;
3. Advance specific and safe Bike/Pedestrian Plan projects;
4. Implement a City of Palo Alto Employee Health and Wellness Initiative;
5. In partnership with the business community, coordinate a forum for local businesses to share and learn about workplace health and wellness best practices and encourage the adoption of similar employee health and wellness initiatives;
6. In partnership with community partners, coordinate an annual Health Fair that promotes community health and wellbeing;
7. In partnership with community partners, establish specific metrics to measure progress.

Staff looks forward to discussing the draft Resolution with the Policy and Services Committee and returning to Council for approval as soon as possible thereafter.

Timeline

Staff would like to return the draft Resolution for Council approval on December 14th, 2015, inclusive of any and all recommended revisions by the Policy and Services Committee.

Resource Impact

CSD is recommended to be the lead department, as health and wellness of the community is a core focus for the department. CSD will track the implementation of the resolution goals and objectives. At the same time, The City organization's own health and wellness program will involve many different departments. No additional General Fund resources are requested at this time.

Policy Implications

The Comprehensive Plan currently includes a variety of policies and programs that support the Healthy Cities, Healthy Communities Resolution. As Council, the Comprehensive Plan Citizen Advisory Committee and staff work on updating the Comprehensive Plans vision, goals, policies and programs related to health and wellness, to deepen the City's commitment, may be considered.

Attachments:

- Attachment A: Healthy Cities Resolution - Revised for P&S (DOCX)
- Attachment B: Staff Report - Council - 10-26-15 (PDF)
- Attachment C: HEAL CC Resolution (DOCX)

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NOT YET APPROVED _____ **ATTACHMENT A**

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

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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

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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 will strive to 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;
- ~~6-7.~~ **Support and improve the lives for people with different abilities, children and seniors;**
- ~~7-8.~~ Promote the connection between health and happiness;
- ~~8-9.~~ Support an environment that recognizes the need for all populations to have access to healthy lifestyles and adopt strategies to remedy inequities;
- ~~9-10.~~ Promote and provide opportunities for social interaction;
- ~~10-11.~~ Support youth development through a connection to the arts, educational opportunities, and recreational programs, and through service.

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SECTION 2. Healthy Environment

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

1. ~~Ensure the~~**Include** Comprehensive Plan and zoning ordinances ~~that-~~ increase opportunities for walking, biking and other forms of physical activity;
2. Enact laws and regulations that preserve clean air and water;
3. ~~Prioritize-Fund~~ 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-Enhance~~ walking and biking connectivity between residential neighborhoods and schools, parks, recreational resources and retail, and improve multi-modal transit;
6. ~~Expand-Increase~~ community access to indoor and outdoor public facilities through joint use agreements with schools and other partners;

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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 and~~ resources and ~~adopt~~ pursue alternative 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 ~~will strive to making every effort to:~~

- 1. ~~Facilitate the siting of~~ Support -affordable grocery stores and promote community participation in community gardens and farmers markets to increase access ~~to~~ to - healthy food, including fresh fruits and vegetables;
- 2. Seek opportunities for increased access to healthy foods, including ~~prioritizing support for~~ 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.

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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 strive to:

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- 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~~ Providing healthy food and beverage options -i n 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;

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- 5. ~~Accommodate breastfeeding employees upon their return to work;~~ Ado
6-5. ~~pt~~ Review and improve -ethics standards; and adopt policies that support diversity, promote safe ~~safe~~, positive, inclusive, welcoming work environments that invite creativity;

Comment [DGR1]: The City is already doing this and it is required by law, and therefore needn't be in the Resolution

- 7-6. ~~Adopt policies that~~ Establish ~~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.

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INTRODUCED AND PASSED:

AYES:

NOES:

ABSENT:

ABSTENTIONS:

ATTEST:

City Clerk

Mayor

APPROVED AS TO FORM:

APPROVED:

City Attorney

City Manager



City of Palo Alto City Council Staff Report

(ID # 6196)

Report Type: Action Items**Meeting Date: 10/26/2015****Summary Title: Adoption of Healthy Cities, Healthy Communities Resolution****Title: Recommendation to Adopt a Healthy Cities, Healthy Communities Resolution to Define and Support the 2015 Council Priority Healthy Cities, Healthy Communities****From: City Manager****Lead Department: Community Services****Recommendation**

Staff recommends that Council adopt or forward to the Policy and Services Committee for review the Healthy Cities, Healthy Communities Resolution (Attachment A) encouraging healthy social, cultural and physical environments that promote and support health, wellbeing and creative expression for ourselves, our families and our communities. As there are significant implications to this resolution, Policy and Services review may be warranted.

Background

In 1986, the World Health Organization (WHO) launched Healthy Cities in Europe. WHO defines a healthy city as "a city that is continually creating and improving those physical and social environments and expanding those community resources which enable people to mutually support each other in performing all the functions of life and to develop their maximum potential."

The Healthy Communities movement takes a broad view of health and employs a cross-section of human endeavors to achieve improved health status and community quality of life. Healthy Communities initiatives are a modern illustration of what, in 1838 Alexis deTocqueville observed made America unique and prosperous: its associational life – the way citizens come together to engage in meaningful work for the benefit of community.

The League of California Cities has been helping lead the way, encouraging cities to embrace policies that promote healthier lifestyles and communities. The League encourages all cities to adopt resolutions and to work together with the Institute for Local Government and other cities, counties and school districts to promote health and

wellness policies. The League efforts have focused on the campaign *Healthy Eating Active Living* in partnership with the California Center for Public Health Advocacy.

To date, 180 California cities have passed resolutions in support of the Healthy Eating, Active Living Campaign. For more information about the League of California Cities Healthy Eating, Active Living Campaign visit www.healcitiescampaign.org.

Discussion

On Saturday, January 31, the City Council held its annual retreat at the new Mitchell Park Community Center to discuss and adopt its priorities for the upcoming year and selected "Healthy City, Healthy Communities," as one of its four priorities.

To respond to this new Council priority and explore some of the dimensions that the City might want to focus on, City staff invited representatives from a broad range of Palo Alto organizations, businesses, and residents who have a vested interest in promoting a healthy city and healthy community. Mayor Holman and Council Member Kniss helped kick-off this conversation. The goal was to cultivate an engaged and committed group of stakeholders early in the conversation, so that the Healthy Cities, Healthy Communities priority would garner ownership and commitment from not just the City, but also a diverse group of community partners so that we may have a significant and positive impact for years to come. That objective has taken root, and the stakeholder group has met monthly over the second and third quarters, and a roster of stakeholders is listed in Attachment B.

The dialogue that took place during the first stakeholder meetings revealed a need to adopt a framework that would provide direction and structure. In researching successful models, staff learned that the League of California Cities has an active campaign on this important topic, encouraging cities to embrace policies that promote healthier lifestyles and communities.

Over the summer, staff met with Kanat Tibet, Director of the League's Healthy Eating, Active Living campaign, as well as National Director Charlotte Dickson who made a presentation to our Healthy Cities, Healthy Communities stakeholder group. Both were very supportive of Palo Alto's interest in adopting a resolution based on their framework and our work to craft an additional Healthy Culture element. Stakeholder conversations have led to the request for official endorsement of a resolution memorializing the City's commitment to this issue.

Staff and Palo Alto's Healthy Cities, Healthy Communities stakeholder group recommend the adoption of a Resolution to join the Healthy Eating, Active Living Campaign, with an additional element specific to Palo Alto (Attachment A).

As seen in Palo Alto's Healthy City Healthy Community Resolution before Council this evening (Attachment A), there are four areas of focus. Three areas of focus are

recommended by the League of CA Cities, namely: Healthy Environment, Healthy Food Access, and Healthy Workplace, a fourth area of focus has been suggested by the stakeholder group and is titled Healthy Culture.

1. Healthy Culture addresses elements of health that support the social, emotional, and mental wellbeing of the community. A healthy culture encourages expressions of creativity, supports an environment of inclusivity and kindness, and ultimately creates the connection between health and happiness.
2. Healthy Environment includes the planning and prioritization of capital projects that increase opportunities for walking, biking and other forms of physical activity in addition to increasing the connection between residents and their natural environment (parks, playgrounds, trails, sidewalks, etc.).
3. Healthy Food Access promotes the collaboration between the City, public and private entities to increase access to healthy and affordable food options such as grocery stores, community gardens, and farmers markets.
4. Healthy Workplace is designed to enhance the quality of life among workers. In our case, we are applying this to our City employees. The well-being of the City's workforce is critical in fulfilling the mission of the City organization. With a healthy workforce the City will be able to improve productivity, employee morale and job satisfaction. Proposed goals of the Healthy Workplace are to enhance quality of life through physical, emotional and mental health; educate employees on healthy living and ways to implement long lasting habits; improve employee productivity, retention and decrease injury rates; create awareness and self-efficacy around well-being resulting in a more efficient work environment; and promote work-life balance by decreasing stress.

The draft Resolution (Attachment A) is a progressive statement of support and commitment to building a healthy City and healthy community. It takes a long-term perspective, recognizing that it will require an ongoing commitment to build and sustain policies, programs and services that contribute to a healthy city and healthy community. Palo Alto has been committed in many ways to health as defined in the Resolution, and the Resolution affirms that commitment and focus.

The FY 2016 budget included \$50,000 for a community public health consultant to conduct a study regarding the health risks of community members based on age, demographics, and utilization of emergency medical services among other statistics. This study has not yet begun. An additional \$31,733 was budgeted for a part-time Public Fire Educator staffing to coordinate outreach programs within the community. So far this Fiscal Year, over 3,000 families and individuals received fire safety talks, station tours, AED training and hands only CPR training. This includes coordinating with 68 schools, businesses, and non-profit organizations. Moreover, to ensure a healthy

employee community within the City organization, the FY 2016 budget included \$32,758 to fund a program to promote employee wellness. Funding has been used to develop and maintain an online health coaching tool to increase awareness of healthy options both at work and at home, and an hourly staff person to support for the City Employee Wellness efforts, which are described further below.

While the Healthy Cities, Healthy Communities is a 2015 priority, there is recognition of limited resources among the many City programs and services. To that end staff and the stakeholder group suggest what the City in partnership with the community, will strive to accomplish for Fiscal Year 2016-2017, assuming the Council reaffirms Healthy City, Healthy Community as a goal at its 2016 Retreat. See below for the recommended Fiscal Year 2016-2017 goals:

FY 2016 /17 Goals:

1. Create a welcome packet for new residents that orients individuals and families to the many health and wellness opportunities available in Palo Alto;
2. Include Healthy City/Healthy Community goals, policies and programs in the Comprehensive Plan Update;
3. Advance specific and safe Bike/Pedestrian Plan projects;
4. Implement a City of Palo Alto Employee Health and Wellness Initiative;
5. In partnership with the business community, coordinate a forum for local businesses to share and learn about workplace health and wellness best practices and encourage the adoption of similar employee health and wellness initiatives;
6. In partnership with community partners, coordinate an annual Health Fair that promotes community health and wellbeing;
7. In partnership with community partners, establish specific metrics to measure progress.

Progress has already been made on several of the goals identified for FY16-17, specifically in regards to the Employee Health and Wellness Initiative and the annual Health Fair:

Health Fair

On Saturday, September 26th the City of Palo Alto partnered with the Palo Alto Family YMCA, Stanford Hospital, and Lucille Packard Children's Hospital to host a Community Health Fair at Mitchell Park Community Center. Over 26 local non-profit organizations participated in the fair, offering information to attendees about the many health resources available in our community. Medical professionals from Stanford Hospital gave 30 minute seminars on a number of topics ranging from Nutrition, Preventing Injury in Children, and Heart Health followed by an opportunity to speak with the medical professionals one-on-one. The Fair also included hands-on art activities hosted by the Palo Alto Art Center, Cubberley Artist Studio Program, and The Drop Teen

Center. The City of Palo Alto's BOOST fitness program together with the Palo Alto YMCA offered a variety of exercise demonstrations including Yoga, Tai Chi, Zumba, and Bootcamp. The planning committee estimates 500-600 people attended the event throughout the day, a great number for a first time collaboration.

City of Palo Alto Health & Wellness Initiative

In FY 2016 the employee wellness goals will be implemented through a City-wide Health and Wellness Committee, which launched in September 2015. The City has hired an hourly employee to manage the Employee Wellness program, provide publicity and lead the scheduling of speakers, classes and fitness and cooking clubs.

Goals for the City Health & Wellness initiative include

1. Offering employee health incentives for healthy eating and physical activity;
2. Encourage walking to meetings and use of stairways;
3. Support emotional and mental wellbeing with Yoga and meditation classes and emotional health workshops;
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 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.

In order to offer employee health incentives, the City has contracted with Ceridian to launch an online City of Palo Alto Wellness portal. The portal – which was debuted at the City employee Health Fair on September 30, 2015 - is designed as a one-stop wellness resource for City employees and their families. The wellness programming includes assisting employees in taking a Health Risk Assessment, which gives employees and family members valuable information about their own state of health and that provides follow up programs targeted to the individual situation, like smoking cessation, starting a physical exercise program, and personal coaching by a certified health coach. Offerings through Ceridian include nutrition seminars, exercise and relaxation/meditation courses on-site, and health team challenge participation.

The City predicts that the Wellness program will reduce turnover rates and generate savings through decreased absenteeism and reduced medical costs. Ceridian will provide annual data analysis and participation tracking reports over the year and the HR department will monitor turnover, absenteeism and injury rates to track improvement.

The Health & Wellness Committee is comprised of driven and positive employees from around the City Departments who are passionate about healthy living in and out of the office. Committee members will share responsibilities with a group of coworkers who

also demonstrate the energy, enthusiasm, and creativity to get people excited about adopting a healthier lifestyle.

Timeline

It is anticipated that the Healthy City Healthy Community stakeholder group will continue to meet as needed to advance the objectives in the resolution.

While this remains a priority of the Council, staff will report annually on progress: including steps taken to implement the Resolution, additional steps planned, and any desired actions that would need to be taken by Council.

Resource Impact

CSD is the lead department, as health and wellness of the community is already a core focus for the department. CSD will track the implementation of the resolution goals and objectives. No additional General Fund resources are requested at this time. Any additional budgetary requests will be evaluated as part of the annual budget process.

Policy Implications

The Comprehensive Plan currently includes a variety of policies and programs that support the Healthy Cities, Healthy Communities Resolution. As Council, the Comprehensive Plan Citizen Advisory Committee and staff work on updating the Comprehensive Plan and policies and programs related to health and wellness, to deepen the City's commitment, may be considered.

Attachments:

- Attachment A: 0140143 Resolution Healthy City Healthy State (PDF)
- Attachment B: Healthy Cities Stakeholder Group (XLSX)

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

NOT YET APPROVED

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;

NOT YET APPROVED

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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NOT YET APPROVED

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

All are welcome to join the Healthy Cities Stakeholder Group meetings. Below is a list initial invitees many of whom continue to participate	
Name	Title / Affiliation
City of Palo Alto	
Dang, Helen	HR- Health and Wellness Specialist
DeGeus, Rob	CSD-Director
Holman, Karen	Mayor
Keene, Jim	City Manager
Kienzle, Karen	Director at Palo Alto Art Center
Keith, Claudia	Chief Communications Officer
Kortsen, Lacey	City Staff Teens
Lait , Jonathon	Planning & Community Environment-Assistant Director
Nickel, Eric	Fire Chief
Peterson, Lon	Communications Manager
Price, Gail	Past Councilmember
Roderick, Kim	Fire-Emergency Medical Service Director for
Shen, Kathy	Chief People Officer
Struve, Kirsten	P/W-Manager Environmental Control Program
van der Zwaag, Minka	CSD-Manager Human Services
Stanford	
Choi, Enoch	University Affiliate
Coe, Andy	Stanford Health Care
Hughes, Karin	BeWell Program Coordinator
Joshi , Dr. Shashank V	Stanford School of Medicine
Kelley, John	Stanford Continuing Studies
Luskin, Fred	Forgiveness/Stanford
Purpur, Patty	Stanford Health Care
Other Organizations	
Andonian, Amy	Avenidas CEO
Billman, Dawn	Chamber of Commerce
Ericksen, Leif	Youth Community Service
Glanckopf, Annette	Peninsula Stroke Association
Lenoir, Linda	Palo Alto Unified School District-District Nurse
Markevitch, Pat	Parks and Recreation Commission V. Chair
Martineau, Catherine	Canopy ED
McGee, Max	Palo Alto Unified School District
Miller, Jay	Rabbi and executive director of the Peninsula Clergy Network
O'Nan, Jill	Human Relations Commission Chair
Pittman, Lakiba	
Reckdahl, Keith	Parks and Recreation Commission V. Chair
Sager, Sherry	Chief Govt. Relations Officer-Lucile Packard Children's Hospital
Savage, Daryl	Palo Alto Weekly
Savage, Jacob	Concern
Slater, Sandra	Palo Alto Forward/Director of Cool City Challenge
Uang, Elaine	Palo Alto Forward



HEALTHY EATING ACTIVE LIVING CITY RESOLUTION

PURPOSE AND INTRODUCTION

Cities and their residents face increased health care costs and diminished quality of life due to the epidemic of obesity and overweight. City leaders across California are addressing the crisis by implementing land use and employee policies which encourage physical activity and nutritious eating.

League of California Cities led the way with a resolution in 2004 which encouraged cities to embrace policies that promote healthier lifestyles and communities. Two years later, the League adopted a resolution to work together with the Institute for Local Government, and the Cities Counties and Schools Partnership to develop a clearinghouse of information that cities can use to promote wellness policies and healthier cities. The Healthy Eating Active Living Cities Campaign grew out of these resolutions and is a partnership of the California Center for Public Health Advocacy and the League of California Cities.

The following draft resolution is written to provide a menu of potential HEAL Cities Campaign policies.

Cities are encouraged to modify the resolution based on local conditions and to the policy actions suitable for their city at this time.

All California cities which adopt policies encouraging physical activity and good nutrition are eligible to be a Healthy Eating Active Living City and upon review and approval, become eligible for public relations and marketing resources including use of the HEAL Cities logo.

Please contact the campaign and share your adopted resolution and supporting policies.

www.healcitiescampaign.org

ATTACHMENT C

**RESOLUTION NO. __ SETTING FORTH [MUNICIPALITY]'S
COMMITMENT TO OBESITY PREVENTION**

PREAMBLE/WHEREAS CLAUSES

*A draft resolution based on this model should include a preamble that contains "findings" of fact that support the need for the city to pass the resolution.
The preamble contains information supporting the need for the resolution – in this case documenting the need for obesity prevention strategies.
Some possible findings are listed as "Whereas" clauses below. Cities may have others.*

WHEREAS, in 2004, the League of California Cities adopted an Annual Conference resolution to encourage cities to embrace policies that facilitate activities to promote healthier lifestyles and communities, including healthy diet and nutrition and adoption of city design and planning principles that enable citizens of all ages and abilities to undertake exercise; and

WHEREAS, the League of California Cities has a strategic goal to promote and develop safe and healthy cities; and

WHEREAS, in July 2010 the League of California Board of Directors resolved to partner with and support the national *Let's Move Campaign*, and encourages California cities to adopt preventative measures to fight obesity; and

WHEREAS, on November 18, 2011, the League of CA Cities Board of Directors unanimously voted to encourage 100% board participation in the HEAL Cities Campaign; and

WHEREAS, more than half of California's adults are overweight or obese and therefore at risk for many chronic conditions including diabetes, heart disease, cancer, arthritis, stroke, and, hypertension; and

WHEREAS, one in four youth between the ages of 9 and 16 in California is overweight. **<Enter local data available at <http://www.publichealthadvocacy.org/growingepidemic.html>>**

WHEREAS, more children are being diagnosed with diseases linked to overweight and obesity previously seen only in adults, such as Type 2 diabetes and heart disease; and

WHEREAS, the current generation of children are expected to have shorter lives than their parents due to the consequences of obesity; and

WHEREAS, obesity takes a tremendous toll on the health, productivity of all Californians;

WHEREAS, the annual cost to California—in medical bills, workers compensation and lost productivity— for overweight, obesity, and physical inactivity exceeds \$41 billion;

WHEREAS, teens and adults who consume one or more sodas or sugar sweetened beverages per day are more likely to be overweight or obese;

WHEREAS, by supporting the health of residents and the local workforce would decrease chronic disease and health care costs and increase productivity; and

ATTACHMENT C

WHEREAS, <add pertinent local conditions and/or current efforts to address the obesity epidemic>; NOW, THEREFORE, LET IT BE RESOLVED that the City Council hereby recognized that obesity is a serious public health threat to the health and wellbeing of adults, children and families in [name of city]. While individual lifestyle changes are necessary, individual effort alone is insufficient to combat obesity's rising tide. Significant societal and environmental changes are needed to support individual efforts to make healthier choices. To that end, [name of city] adopts this Healthy Eating Active Living resolution:

I. Built Environment

BE IT FURTHER RESOLVED that [name of city] planners, engineers, park and recreation department, community economic and redevelopment personnel responsible for the design and construction of parks, neighborhoods, streets, and business areas, should make every effort to:

Select your city's specific policy goals from among the following menu.
Work with the HEAL staff to determine your stated goals:

- Prioritize capital improvements projects to increase the opportunities for physical activity;
- Plan and construct a built environment that encourages walking, biking and other forms of physical activity;
- Address walking and biking connectivity between residential neighborhoods and schools, parks, recreational resources, and retail;
- Expand community access to indoor and outdoor public facilities through joint use agreements with schools and/or other partners
- Revise comprehensive plans and zoning ordinances to increase opportunities for physical activity wherever and whenever possible, including complete streets policies, compact, mixed-use and transit-oriented development;
- Include health goals and policies related to physical activity in the general plan update and specific area plans;
- Build incentives for development project proposals to demonstrate favorable impact on resident and employee physical activity;
- Examine racial, ethnic, and socio-economic disparities in access to healthy foods and physical activity facilities or resources and adopt strategies to remedy these inequities.

II. Employee Wellness

BE IT FURTHER RESOLVED that in order to promote wellness within [name of city], and to set an example for other businesses, [name of city] pledges to adopt and implement an employee wellness policy that will:

Select your city's specific policy goals from among the following menu.
Work with the HEAL staff to determine your stated goals:

- Offer employee health incentives for healthy eating and physical activity;
- Establish physical activity breaks for meetings over one hour in length;
- Accommodate breastfeeding employees upon their return to work;
- Encourage walking meetings and use of stairways.
- Set nutrition standards for vending machines located in city owned or leased locations;
- Set nutrition standards for food offered at city events, city sponsored meetings, served at city facilities and city concessions, and city programs.

III. Healthy Food Access

BE IT FURTHER RESOLVED that [name of city] planners, community economic personnel responsible for the design and of parks, neighborhoods, streets, and business areas, should make every effort to:

**Select your city's specific policy goals from among the following menu.
Work with the HEAL staff to determine your stated goals:**

- Facilitate the siting of new grocery stores, community gardens and farmers markets in underserved communities to increase access to healthy food, including fresh fruits and vegetables;
- Revise comprehensive plans and zoning ordinances to increase opportunities for access to health foods wherever and whenever possible, including prioritizing healthy food retail in compact, mixed-use and transit-oriented development policies, proposals and projects;
- Include health goals and policies related to access to healthy food in the general plan update;
- Build incentives for development project proposals to increase access to healthy foods by residents and employees;
- Examine racial, ethnic, and socio-economic disparities in access to healthy foods and adopt strategies to remedy these inequities.
- Map existing fast food outlets and draft an ordinance that will place limits on fast food around schools and in neighborhoods with over-concentrations of unhealthy food outlets.

IV. Implementation

BE IT FURTHER RESOLVED that the head of each affected agency or department should report back to the City Council annually regarding steps taken to implement the Resolution, additional steps planned, and any desired actions that would need to be taken by the city council.

**Note: cities are encouraged to tailor this clause to delegate specific implementation tasks and deadlines as appropriate.
HEAL staff can assist you to determine your city's implementation steps.**



City of Palo Alto

City Council Staff Report

ATTACHMENT B

(ID # 6196)

Report Type: Action Items

Meeting Date: 10/26/2015

Summary Title: Adoption of Healthy Cities, Healthy Communities Resolution

Title: Recommendation to Adopt a Healthy Cities, Healthy Communities Resolution to Define and Support the 2015 Council Priority Healthy Cities, Healthy Communities

From: City Manager

Lead Department: Community Services

Recommendation

Staff recommends that Council adopt or forward to the Policy and Services Committee for review the Healthy Cities, Healthy Communities Resolution (Attachment A) encouraging healthy social, cultural and physical environments that promote and support health, wellbeing and creative expression for ourselves, our families and our communities. As there are significant implications to this resolution, Policy and Services review may be warranted.

Background

In 1986, the World Health Organization (WHO) launched Healthy Cities in Europe. WHO defines a healthy city as "a city that is continually creating and improving those physical and social environments and expanding those community resources which enable people to mutually support each other in performing all the functions of life and to develop their maximum potential."

The Healthy Communities movement takes a broad view of health and employs a cross-section of human endeavors to achieve improved health status and community quality of life. Healthy Communities initiatives are a modern illustration of what, in 1838 Alexis deTocqueville observed made America unique and prosperous: its associational life – the way citizens come together to engage in meaningful work for the benefit of community.

The League of California Cities has been helping lead the way, encouraging cities to embrace policies that promote healthier lifestyles and communities. The League encourages all cities to adopt resolutions and to work together with the Institute for Local Government and other cities, counties and school districts to promote health and

wellness policies. The League efforts have focused on the campaign *Healthy Eating Active Living* in partnership with the California Center for Public Health Advocacy.

To date, 180 California cities have passed resolutions in support of the Healthy Eating, Active Living Campaign. For more information about the League of California Cities Healthy Eating, Active Living Campaign visit www.healcitiescampaign.org.

Discussion

On Saturday, January 31, the City Council held its annual retreat at the new Mitchell Park Community Center to discuss and adopt its priorities for the upcoming year and selected "Healthy City, Healthy Communities," as one of its four priorities.

To respond to this new Council priority and explore some of the dimensions that the City might want to focus on, City staff invited representatives from a broad range of Palo Alto organizations, businesses, and residents who have a vested interest in promoting a healthy city and healthy community. Mayor Holman and Council Member Kniss helped kick-off this conversation. The goal was to cultivate an engaged and committed group of stakeholders early in the conversation, so that the Healthy Cities, Healthy Communities priority would garner ownership and commitment from not just the City, but also a diverse group of community partners so that we may have a significant and positive impact for years to come. That objective has taken root, and the stakeholder group has met monthly over the second and third quarters, and a roster of stakeholders is listed in Attachment B.

The dialogue that took place during the first stakeholder meetings revealed a need to adopt a framework that would provide direction and structure. In researching successful models, staff learned that the League of California Cities has an active campaign on this important topic, encouraging cities to embrace policies that promote healthier lifestyles and communities.

Over the summer, staff met with Kanat Tibet, Director of the League's Healthy Eating, Active Living campaign, as well as National Director Charlotte Dickson who made a presentation to our Healthy Cities, Healthy Communities stakeholder group. Both were very supportive of Palo Alto's interest in adopting a resolution based on their framework and our work to craft an additional Healthy Culture element.

Stakeholder conversations have led to the request for official endorsement of a resolution memorializing the City's commitment to this issue.

Staff and Palo Alto's Healthy Cities, Healthy Communities stakeholder group recommend the adoption of a Resolution to join the Healthy Eating, Active Living Campaign, with an additional element specific to Palo Alto (Attachment A).

As seen in Palo Alto's Healthy City Healthy Community Resolution before Council this evening (Attachment A), there are four areas of focus. Three areas of focus are

recommended by the League of CA Cities, namely: Healthy Environment, Healthy Food Access, and Healthy Workplace, a fourth area of focus has been suggested by the stakeholder group and is titled Healthy Culture.

1. Healthy Culture addresses elements of health that support the social, emotional, and mental wellbeing of the community. A healthy culture encourages expressions of creativity, supports an environment of inclusivity and kindness, and ultimately creates the connection between health and happiness.
2. Healthy Environment includes the planning and prioritization of capital projects that increase opportunities for walking, biking and other forms of physical activity in addition to increasing the connection between residents and their natural environment (parks, playgrounds, trails, sidewalks, etc.).
3. Healthy Food Access promotes the collaboration between the City, public and private entities to increase access to healthy and affordable food options such as grocery stores, community gardens, and farmers markets.
4. Healthy Workplace is designed to enhance the quality of life among workers. In our case, we are applying this to our City employees. The well-being of the City's workforce is critical in fulfilling the mission of the City organization. With a healthy workforce the City will be able to improve productivity, employee morale and job satisfaction. Proposed goals of the Healthy Workplace are to enhance quality of life through physical, emotional and mental health; educate employees on healthy living and ways to implement long lasting habits; improve employee productivity, retention and decrease injury rates; create awareness and self-efficacy around well-being resulting in a more efficient work environment; and promote work-life balance by decreasing stress.

The draft Resolution (Attachment A) is a progressive statement of support and commitment to building a healthy City and healthy community. It takes a long-term perspective, recognizing that it will require an ongoing commitment to build and sustain policies, programs and services that contribute to a healthy city and healthy community. Palo Alto has been committed in many ways to health as defined in the Resolution, and the Resolution affirms that commitment and focus.

The FY 2016 budget included \$50,000 for a community public health consultant to conduct a study regarding the health risks of community members based on age, demographics, and utilization of emergency medical services among other statistics. This study has not yet begun. An additional \$31,733 was budgeted for a part-time Public Fire Educator staffing to coordinate outreach programs within the community. So far this Fiscal Year, over 3,000 families and individuals received fire safety talks, station tours, AED training and hands only CPR training. This includes coordinating with 68 schools, businesses, and non-profit organizations. Moreover, to ensure a healthy

employee community within the City organization, the FY 2016 budget included \$32,758 to fund a program to promote employee wellness. Funding has been used to develop and maintain an online health coaching tool to increase awareness of healthy options both at work and at home, and an hourly staff person to support for the City Employee Wellness efforts, which are described further below.

While the Healthy Cities, Healthy Communities is a 2015 priority, there is recognition of limited resources among the many City programs and services. To that end staff and the stakeholder group suggest what the City in partnership with the community, will strive to accomplish for Fiscal Year 2016-2017, assuming the Council reaffirms Healthy City, Healthy Community as a goal at its 2016 Retreat. See below for the recommended Fiscal Year 2016-2017 goals:

FY 2016 /17 Goals:

1. Create a welcome packet for new residents that orients individuals and families to the many health and wellness opportunities available in Palo Alto;
2. Include Healthy City/Healthy Community goals, policies and programs in the Comprehensive Plan Update;
3. Advance specific and safe Bike/Pedestrian Plan projects;
4. Implement a City of Palo Alto Employee Health and Wellness Initiative;
5. In partnership with the business community, coordinate a forum for local businesses to share and learn about workplace health and wellness best practices and encourage the adoption of similar employee health and wellness initiatives;
6. In partnership with community partners, coordinate an annual Health Fair that promotes community health and wellbeing;
7. In partnership with community partners, establish specific metrics to measure progress.

Progress has already been made on several of the goals identified for FY16-17, specifically in regards to the Employee Health and Wellness Initiative and the annual Health Fair:

Health Fair

On Saturday, September 26th the City of Palo Alto partnered with the Palo Alto Family YMCA, Stanford Hospital, and Lucille Packard Children's Hospital to host a Community Health Fair at Mitchell Park Community Center. Over 26 local non-profit organizations participated in the fair, offering information to attendees about the many health resources available in our community. Medical professionals from Stanford Hospital gave 30 minute seminars on a number of topics ranging from Nutrition, Preventing Injury in Children, and Heart Health followed by an opportunity to speak with the medical professionals one-on-one. The Fair also included hands-on art activities hosted by the Palo Alto Art Center, Cubberley Artist Studio Program, and The Drop Teen

Center. The City of Palo Alto's BOOST fitness program together with the Palo Alto YMCA offered a variety of exercise demonstrations including Yoga, Tai Chi, Zumba, and Bootcamp. The planning committee estimates 500-600 people attended the event throughout the day, a great number for a first time collaboration.

City of Palo Alto Health & Wellness Initiative

In FY 2016 the employee wellness goals will be implemented through a City-wide Health and Wellness Committee, which launched in September 2015. The City has hired an hourly employee to manage the Employee Wellness program, provide publicity and lead the scheduling of speakers, classes and fitness and cooking clubs.

Goals for the City Health & Wellness initiative include

1. Offering employee health incentives for healthy eating and physical activity;
2. Encourage walking to meetings and use of stairways;
3. Support emotional and mental wellbeing with Yoga and meditation classes and emotional health workshops;
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 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.

In order to offer employee health incentives, the City has contracted with Ceridian to launch an online City of Palo Alto Wellness portal. The portal – which was debuted at the City employee Health Fair on September 30, 2015 - is designed as a one-stop wellness resource for City employees and their families. The wellness programming includes assisting employees in taking a Health Risk Assessment, which gives employees and family members valuable information about their own state of health and that provides follow up programs targeted to the individual situation, like smoking cessation, starting a physical exercise program, and personal coaching by a certified health coach. Offerings through Ceridian include nutrition seminars, exercise and relaxation/meditation courses on-site, and health team challenge participation.

The City predicts that the Wellness program will reduce turnover rates and generate savings through decreased absenteeism and reduced medical costs. Ceridian will provide annual data analysis and participation tracking reports over the year and the HR department will monitor turnover, absenteeism and injury rates to track improvement.

The Health & Wellness Committee is comprised of driven and positive employees from around the City Departments who are passionate about healthy living in and out of the office. Committee members will share responsibilities with a group of coworkers who

also demonstrate the energy, enthusiasm, and creativity to get people excited about adopting a healthier lifestyle.

Timeline

It is anticipated that the Healthy City Healthy Community stakeholder group will continue to meet as needed to advance the objectives in the resolution.

While this remains a priority of the Council, staff will report annually on progress: including steps taken to implement the Resolution, additional steps planned, and any desired actions that would need to be taken by Council.

Resource Impact

CSD is the lead department, as health and wellness of the community is already a core focus for the department. CSD will track the implementation of the resolution goals and objectives. No additional General Fund resources are requested at this time. Any additional budgetary requests will be evaluated as part of the annual budget process.

Policy Implications

The Comprehensive Plan currently includes a variety of policies and programs that support the Healthy Cities, Healthy Communities Resolution. As Council, the Comprehensive Plan Citizen Advisory Committee and staff work on updating the Comprehensive Plan and policies and programs related to health and wellness, to deepen the City's commitment, may be considered.

Attachments:

- Attachment A: 0140143 Resolution Healthy City Healthy State (PDF)
- Attachment B: Healthy Cities Stakeholder Group (XLSX)

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

NOT YET APPROVED

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;

NOT YET APPROVED

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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NOT YET APPROVED

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

All are welcome to join the Healthy Cities Stakeholder Group meetings. Below is a list initial invitees many of whom continue to participate	
Name	Title / Affiliation
City of Palo Alto	
Dang, Helen	HR- Health and Wellness Specialist
DeGeus, Rob	CSD-Director
Holman, Karen	Mayor
Keene, Jim	City Manager
Kienzle, Karen	Director at Palo Alto Art Center
Keith, Claudia	Chief Communications Officer
Kortsen, Lacey	City Staff Teens
Lait , Jonathon	Planning & Community Environment-Assistant Director
Nickel, Eric	Fire Chief
Peterson, Lon	Communications Manager
Price, Gail	Past Councilmember
Roderick, Kim	Fire-Emergency Medical Service Director for
Shen, Kathy	Chief People Officer
Struve, Kirsten	P/W-Manager Environmental Control Program
van der Zwaag, Minka	CSD-Manager Human Services
Stanford	
Choi, Enoch	University Affiliate
Coe, Andy	Stanford Health Care
Hughes, Karin	BeWell Program Coordinator
Joshi , Dr. Shashank V	Stanford School of Medicine
Kelley, John	Stanford Continuing Studies
Luskin, Fred	Forgiveness/Stanford
Purpur, Patty	Stanford Health Care
Other Organizations	
Andonian, Amy	Avenidas CEO
Billman, Dawn	Chamber of Commerce
Ericksen, Leif	Youth Community Service
Glanckopf, Annette	Peninsula Stroke Association
Lenoir, Linda	Palo Alto Unified School District-District Nurse
Markevitch, Pat	Parks and Recreation Commission V. Chair
Martineau, Catherine	Canopy ED
McGee, Max	Palo Alto Unified School District
Miller, Jay	Rabbi and executive director of the Peninsula Clergy Network
O'Nan, Jill	Human Relations Commission Chair
Pittman, Lakiba	
Reckdahl, Keith	Parks and Recreation Commission V. Chair
Sager, Sherry	Chief Govt. Relations Officer-Lucile Packard Children's Hospital
Savage, Daryl	Palo Alto Weekly
Savage, Jacob	Concern
Slater, Sandra	Palo Alto Forward/Director of Cool City Challenge
Uang, Elaine	Palo Alto Forward

Resolution No. _____

Resolution of the Council of the City of Palo Alto to Adopt Healthy Social, Cultural and Physical Environments Policy that Promotes and Supports 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 helped lead the way, encouraging cities to embrace policies that promote healthier lifestyles and communities; and

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

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

WHEREAS, the City of Palo Alto and its community partners should 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

WHEREAS, there is 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 our community to promote and support a Healthy City/Healthy Community for Palo Alto residents, workers, and visitors and hereby 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 our community is committed to building and strengthening a healthy community culture and will strive 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. Support and improve the lives for people with different abilities, children and seniors;
8. Promote the connection between health and happiness;
9. Support an environment that recognizes the need for all populations to have access to healthy lifestyles and adopt strategies to remedy inequities;
10. Promote and provide opportunities for social interaction;
11. 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 and will strive to:

1. Include Comprehensive Plan policies and zoning ordinances that increase opportunities for walking, biking and other forms of physical activity;
2. Enact laws and regulations that preserve clean air and water;
3. Fund capital improvement projects that increase opportunities for health and wellbeing;
4. Support, protect and connect us to our natural environment and cultural resources;
5. Enhance walking and biking connectivity between residential neighborhoods and schools, parks, recreational resources and retail, and improve multi-modal transit;
6. Increase 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 that respect and enhance resident and employee health and quality of life;

- 8. Examine racial, ethnic, socio-economic, and geographic disparities in access to healthy foods, physical activity facilities, tree canopy cover and resources and explore 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 will strive to:

- 1. Support 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 support for affordable healthy food retail;
- 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 strive to:

- 1. Offer employee health incentives for healthy eating and physical activity;
- 2. Support emotional and mental wellbeing;
- 3. Provide healthy food and beverage options in 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;
- 4. Adopt policies that support health diversity, promote safe, positive, inclusive, welcoming work environments that invite creativity;
- 5. 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