



# City of Palo Alto

## City Council Staff Report

(ID # 6196)

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**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](http://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 26<sup>th</sup> 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

<b>All are welcome to join the Healthy Cities Stakeholder Group meetings. Below is a list initial invitees many of whom continue to participate</b>	
<b>Name</b>	<b>Title / Affiliation</b>
<b>City of Palo Alto</b>	
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
<b>Stanford</b>	
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
<b>Other Organizations</b>	
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