

**TOWN OF
APPLE VALLEY, CALIFORNIA**

AGENDA MATTER

Subject Item:

HEALTHY APPLE VALLEY – A COLLABORATIVE APPROACH TO BUILDING A HEALTHIER COMMUNITY

SUMMARY STATEMENT

Healthy Communities promote a positive physical, social and economic environment, while providing a safe place where all of us want to live, work, raise families and pursue our dreams.

Through decisions about budgets, regulations or zoning, the Council can adopt policies that create a healthier and more viable community. A Healthy Community includes the following components:

- Improved quality of life for residents through active lifestyles
- Safe Neighborhoods
- Better-performing students: healthy students do better in school, giving them a greater chance to contribute eventually to the region's economic vitality
- Less traffic congestion and cleaner air as folks ride bicycles and walk
- Parks, Recreation and Open Space
- Sustainable development
- A sense of place through Town centers and community focal points

A key element of the Healthy Community concept is the use of a collaborative problem-solving process that allows a broad spectrum of community stakeholders to get involved in the process of improving their quality of life. Through collaboration with community partners, the Council can create a healthy community and effect positive community change. Together, we can achieve the best quality of life for Apple Valley citizens by creating a healthy environment and promoting activities that drive this goal.

Recommended Action:

That the Town Council adopt Resolution No. 2009-48, a Resolution of the Town Council of The Town Of Apple Valley Setting Forth Apple Valley's Commitment to Promote and Develop a Safer and Healthy Apple Valley.

Proposed by: Frank Robinson

Item Number _____

T. M. Approval: _____

Budgeted Item Yes No N/A

RESOLUTION NO. 2009-48

A RESOLUTION OF THE TOWN COUNCIL OF THE TOWN OF APPLE VALLEY SETTING FORTH APPLE VALLEY'S COMMITMENT TO PROMOTE AND DEVELOP A SAFE AND HEALTHY APPLE VALLEY

WHEREAS, the Town Council of the Town of Apple Valley has placed a high priority on improving the quality of life for the citizens of Apple Valley; and

WHEREAS, data on obesity and heart disease substantiates the need for action; and

WHEREAS, there are important, long-term community benefits to be gained by encouraging healthy living, including a potential decrease in the rate of childhood and adult obesity and its negative health-related impacts; and

WHEREAS, the Town of Apple Valley has a strong interest in providing an all-encompassing environment that is conducive to the health of its citizens; and

WHEREAS, the Town of Apple Valley has an opportunity to positively affect the health of residents through creation of a Healthy Apple Valley Coalition; and

WHEREAS, through a Coalition we can provide programs and plans to promote a healthy lifestyle.

NOW, THEREFORE, LET IT BE RESOLVED by the Town Council of the Town of Apple Valley, to set forth Apple Valley's commitment to promote and encourage health and wellness in our community.

PASSED, APPROVED AND ADOPTED this 13th day of October, 2009.

MAYOR

ATTEST:

TOWN CLERK