

**TOWN OF NEW CASTLE, COLORADO
RESOLUTION NO. TC-2014-20**

**A RESOLUTION OF THE NEW CASTLE TOWN COUNCIL JOINING
LIVEWELL COLORADO'S HEALTHY EATING, ACTIVE LIVING
CITIES AND TOWNS CAMPAIGN AND SETTING FORTH THE TOWN'S
COMMITMENT TO OBESITY PREVENTION**

WHEREAS, 58 percent of Colorado adults and a quarter of our children are overweight or obese; and

WHEREAS, Colorado may be the leanest state in the nation currently, the adult obesity rate has doubled in Colorado since 1995 and if the trend continues, only 33 percent of Colorado adults will be a healthy weight by 2020; and

WHEREAS, the annual cost to Colorado – in medical bills, workers compensation and lost productivity – for overweight, obesity, and physical inactivity exceeds \$1.6 billion; and

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

WHEREAS, cities and towns have the ability to impact opportunities for healthy eating and active living for their employees and residents; and

WHEREAS, LiveWell Colorado and the Colorado Municipal League have agreed to work collaboratively on the Healthy Eating, Active Living (HEAL) Cities and Towns Campaign; and

WHEREAS, The Town Council of the Town of New Castle has identified goals and objectives for the community and Town consistent with LiveWell Colorado's HEAL principles; and

WHEREAS, the Town of New Castle has considered workplace wellness initiatives and doing so will be successful in avoiding increases in employee health care insurance premiums in 2014 and 2014, saving taxpayers, the Town and employees money while improving the overall health and awareness of health issues by Town employees.

NOW, THEREFORE, BE IT RESOLVED BY THE TOWN COUNCIL OF THE TOWN OF NEW CASTLE, COLORADO, THAT: the Town Council hereby recognizes that obesity and being overweight is a serious public health threat to the well-being of adults, children and families in New Castle. 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, New Castle

adopts this HEAL Cities and Towns resolution and sets goals to the following:

- I. Active Community.
 - * That the Town of New Castle should make every effort to promote an active community; and
 - * To increase opportunities for physical activity by providing access and promoting parks, trails, sidewalks, recreational activities, etc; and
 - * Working to ensure the Town's built environment encourages walking, biking and other forms of physical activity; and

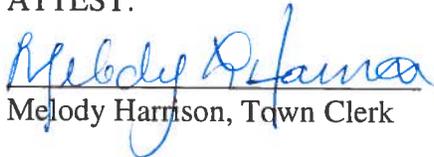
- II. Healthy Food.
 - * That the Town of New Castle should make every effort to promote access to healthy foods; and
 - * To encourage the siting of healthy food retailers, community gardens and farmer's markets in publicly accessible areas; and

- III. Workplace Wellness.
 - * That in order to promote wellness within New Castle, and set an example for residents and businesses, the Town of New Castle pledges to continue to advance workplace wellness initiatives; and
 - * To offer employees wellness and fitness opportunities and provide incentives to employees to get fit and/or maintain their health; and

- IV. Implementation.
 - * That Town staff should report to Council annually regarding steps taken to implement the resolution.

INTRODUCED, READ AND ADOPTED at a regularly scheduled meeting of the Town Council of the Town of New Castle, Colorado, on the 5th day of August, 2014.

ATTEST:


Melody Harrison, Town Clerk

New Castle Town Council



Bob Gordon, Mayor

