



# CITY OF SANTA BARBARA

## COUNCIL AGENDA REPORT

**AGENDA DATE:** February 4, 2014

**TO:** Mayor and Councilmembers

**FROM:** Planning Division, Community Development Department

**SUBJECT:** Healthy Eating Active Living (Heal) Cities Resolution

### **RECOMMENDATION:**

That Council adopt, by reading of title only, A Resolution of the Council of the City of Santa Barbara, County of Santa Barbara, State of California, Declaring the City as a Healthy Eating Active Living (HEAL) City.

### **DISCUSSION:**

The HEAL Cities campaign is a non-profit effort to promote employee and community wellness through a number of healthy food and active living initiatives that can be implemented by local jurisdictions, such as the City of Santa Barbara. Such initiatives include adopting General Plan goals & policies, Human Resource practices, and a Council Resolution to promote and encourage community and organizational wellness. The HEAL Cities campaign is a partnership of the League of California Cities and the California Center for Public Health Advocacy.

The City of Santa Barbara adopted a number of community wellness goals & policies in the 2011 General Plan update. A Public Health goal is found in the Land Use Element which states:

*“Improve public health through community design and location of resources, and by promoting physical activity, access to healthy foods and improved air quality”*

Specific General Plan policies include: LG4. Principles for Development - Mobility and Activity Living; LG11. Healthy Urban Environment, Actions LG11.1 - 4; and Food and Agriculture Policies E18. – E23 (see Attachment 1). Specific areas of planning in Santa Barbara that address active living include mixed-use and transit oriented development, complete streets, biking and walking plans, and joint-use agreements with the school district for recreational areas.

The City organization also promotes community wellness through a number of employee programs that encourage health education, physical activity, ergonomic work stations, and the availability of healthy foods at City functions. Access to healthy food is also encouraged through new grocery stores, community gardens, and farmers markets.

Staff from the HEAL Cities campaign has suggested the City of Santa Barbara adopt a resolution to help publicize the City's support for community wellness. In addition, once a City adopts a HEAL resolution it becomes eligible for small grants to implement healthy eating and active living measures. The proposed resolution was drafted after a model HEAL resolution adopted locally by the City of Lompoc, and then adapted to the City of Santa Barbara.

The proposed resolution has been thoroughly vetted through the Community Development Department, the Parks & Recreation Department, the Human Resources Division of the Administrative Services Department, and the Risk Management Division of the Finance Department. In addition, the Coalition for Community Wellness has also reviewed and contributed to the draft resolution.

**BUDGET/FINANCIAL INFORMATION:**

The resolution, as drafted, does not contain any new City mandates or programs which would require additional resources beyond the current budget.

**SUSTAINABILITY IMPACT:**

This resolution is consistent with the City's General Plan Sustainability Principles to promote a healthy community.

**ATTACHMENT:** General Plan Public Health Goals & Policies

**PREPARED BY:** John Ledbetter, Principal Planner

**SUBMITTED BY:** Bettie Weiss, Acting Community Development Department  
Director

**APPROVED BY:** City Administrator's Office

## General Plan Public Health Goals & Policies

*Public Health:* Improve public health through community design and location of resources by promoting physical activity, access to healthy foods and improved air quality.

- LG4. Principles for Development. Establish the following Principles for Development to focus growth, encourage a mix of land uses, strengthen mobility options and promote healthy active living.
- Focus Growth. Encourage workforce and affordable housing within a quarter mile of frequent transit service and commercial services through smaller units and increased density, transit resources, parking demand standards, targeted infrastructure improvements, and increased public areas and open space. Incorporate ideas as a result of an employee survey.
  - Mix of Land Uses. Encourage a mix of land uses, particularly in the Downtown to maintain its strength as a viable commercial center, to include retail, office, restaurant, residential, institutional, financial and cultural arts, encourage easy access to basic needs such as groceries, drug stores, community services, recreation, and public space.
  - Mobility and Active Living. Link mixed-use development with main transit lines; promote active living by encouraging compact, vibrant, walkable places; encourage the use of bicycles; and reduce the need for residential parking.
- LG11. Healthy Urban Environment. Consider health in land use, circulation and park and recreation decisions.

*Possible Implementation Actions to be Considered*

- LG11.1 Solicit Input. City staff shall conduct meetings, workshops, or public hearings with the community in order to solicit input from interested individuals and organizations on opportunities and recommendations for further integrating health concerns into local land use planning.
- LG11.2 Create Guidelines. Create appropriate development guidelines to promote a healthy urban environment in which community health is considered in all land use, circulation and park and recreation decisions (e.g., similar to those developed by the Sustainable Sites Initiative in their work with the US Green Building Council and LEED site standards).
- LG11.3 Report Back. City staff shall report back to the City Council with recommendations on ways that the City may amend the General Plan to further promote a healthy urban environment.
- LG11.4 Audit for Community Gardens. Conduct an audit to determine if the City owns land that could be used for community gardens and encourage voluntary private development of gardens.

## **Food and Agriculture Policies**

- ER18. Farmers Markets.** Continue to support local farmers markets, and expand locations to include neighborhood locations consistent with Sustainable Neighborhood Plans, expand infrastructure to support them, and expand hours of operations.
- ER19. Gardener Education.** Continue to support the City/County/SBCC Green Gardener training program, and expand community and school educational programs for producing gardens year-round using sustainable gardening practices. Encourage the use of fruit trees in landscaping where appropriate.
- ER20. Food Scrap Recovery and Composting Program.** Continue and expand the City program for diversion of food scraps from landfill disposal, to be composted for use as soil amendments so long as economically viable.
- ER21. Public and Private Food Gardens.** Provide for infrastructure to support local community gardens. With neighborhood support, develop publicly-available edible landscaping in existing and new parks. Reserve space for public gardening within the urban core area to be maintained by the community. Design for green roofs and urban rooftop gardens in residential development Downtown.
- ER22. Food Gardens for Schools.** Work with the Santa Barbara School Districts to develop organic gardens at schools and a healthy and waste-free lunch program:
- a. To educate students about where food comes from, and the nutrient and energy cycles from garden to table and back again;
  - b. To encourage the development of healthy eating habits, and;
  - c. To provide healthy local food.
- ER23. Regional Agriculture.** Support regional coordination toward expanding local sustainable food sources. Support incentives for maintaining and establishing additional agricultural farms and farm stands within the City, the South Coast, and tri-county areas. Support directing local food to our schools, cafeterias, groceries, convenience stores, and restaurants.