

HEALTHY EATING ACTIVE LIVING COUNTY RESOLUTION

WHEREAS, the County of Santa Barbara recognizes that cities within Santa Barbara County and their residents face increased healthcare costs and diminished quality of life due to diet related preventable disease and lack of physical activity; and

WHEREAS, according to the Centers for Disease Control and Prevention (CDC), the rate of childhood obesity has risen in the past 30 years resulting in a third of children and adolescents considered overweight or obese as of 2008; and

WHEREAS, more children are being diagnosed with diseases linked to sedentary lifestyles and poor nutrition previously seen only in adults, such as type 2 diabetes and heart disease, and the current generation of children are expected to live shorter lives than their parents due to the consequences of obesity; and

WHEREAS, the annual cost to California—in medical bills, workers compensation, absenteeism and lost productivity— for overweight, obesity, and physical inactivity exceeds \$52 billion; and

WHEREAS, supporting the health of residents and the local workforce would decrease chronic disease and health care costs and increase productivity; and the adoption of worksite health promotion programs has been proven to positively impact employee health while providing a return on investment ranging from \$3.00 to \$6.00 for every dollar invested in the program.

NOW, THEREFORE, LET IT BE RESOLVED the Santa Barbara County Board of Supervisors does hereby recognized that diet related preventable disease and lack of physical activity compromise the health and wellbeing of all Santa Barbara County residents. Individual efforts alone are insufficient to combat this public health threat so significant societal and environmental changes are needed to support healthier choices. To that end, Santa Barbara County adopts this Healthy Eating Active Living Resolution.