

**TOWN OF NEDERLAND  
Boulder County, Colorado**

**RESOLUTION 2016 - 07**

**A RESOLUTION OF THE BOARD OF TRUSTEES OF THE TOWN OF NEDERLAND  
DECLARING NEDERLAND A LIVEWELL HEAL TOWN, AND SETTING FORTH  
NEDERLAND'S COMMITMENT TO OBESITY PREVENTION**

WHEREAS, obesity has been identified by the Colorado Department of Public Health and Environment as one of ten winnable battles in Colorado; and

WHEREAS, the Colorado Municipal League's Vision Statement acknowledges the importance of sustaining strong, healthy and vibrant cities and towns; and

WHEREAS, in November 2012 the Colorado Municipal League Board of Directors entered into a memorandum of understanding with LiveWell Colorado to work collaboratively on the HEAL Cities & Towns Campaign; and

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

WHEREAS, 56 percent of Colorado adults and 26.5 percent of our children are overweight or obese; and

WHEREAS, the adult obesity rate has doubled in Colorado since 1995 and, if trends continue, only 33 percent of Colorado adults will be a healthy weight by 2020; and

WHEREAS, over the past three decades, childhood obesity has tripled among school-aged children in the U.S.; and

WHEREAS, more children are being diagnosed with diseases linked to overweight and obesity previously seen only in adults, such as Type 2 diabetes and heart disease. The current generation of children are expected to have shorter lives than their parents due to the consequences of obesity; 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, cities and towns have the ability to increase access to healthy eating and active living; and

WHEREAS, in September 2011, the Town of Nederland approved Resolution 2011-18 Accepting and Endorsing the Town of Nederland Envision 2020 Report and Vision Statement as Expressions of Community Vision; and

WHEREAS, Envision 2020 included a goal to focus planning and economic development activities on efforts that address connections to the outdoor environment, providing active, healthy lifestyles for people of all ages;

WHEREAS, Envision 2020 included community activities that include the entire community and provide opportunities for youth; and

WHEREAS, Envision 2020 included that the community ensures that its aging population remains healthy, fully-integrated and an active part of the community;

WHEREAS, in October 2011, the Town of Nederland approved Resolution 2011-21 for the Preservation of Nederland's Character and Sustainability of its Community, known as the Citizen's Sustainability Resolution; and

WHEREAS, the Citizen's Sustainability Resolution included that it is important for the Town of Nederland to encourage and actively support opportunities for a localized economy such as local food production; and

WHEREAS, the Citizen's Sustainability Resolution included item c. to strive for all projects under its review to improve and support the health of the mountain region and ecosystem; and

WHEREAS, the Citizen's Sustainability Resolution included item f. to encourage a reduced consumption of industrialized animal products; and

WHEREAS, in September 2014, the Town of Nederland approved Resolution 2014-19 Adopting the Sustainability Action Plan and incorporated it into its #NedZero goals; and

WHEREAS, the Sustainability Action Plan devoted one of its eight major sections to Health and Wellness which is focused on ways to encourage healthier lifestyles through better nutrition, activity, and interactions; and

WHEREAS, the Sustainability Action Plan includes the following aspirational goals:

- Provide access to healthy living services for all residents in need
- In-town transport will be predominantly person-powered
- Continue to develop the community center as a focal point for wellness
- Eliminate exposure to environmental toxicity
- Provide ample opportunities for responsible recreation

**NOW, THEREFORE, BE IT RESOLVED BY THE BOARD OF TRUSTEES OF THE TOWN OF NEDERLAND, COLORADO:**

Hereby recognizes that obesity and overweight is a serious public health threat to the health and well-being of adults, children and families in Nederland. 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, Nederland adopts this HEAL Cities & Towns resolution:

## I. ACTIVE COMMUNITY

BE IT FURTHER RESOLVED that Nederland planners, engineers, parks and recreation and economic development individuals responsible for the design and construction of parks, neighborhoods, streets, and business areas should make every effort to:

- Prioritize capital improvements projects to increase the opportunities for physical activity;
- Plan and construct a built environment that encourages walking, biking and other forms of physical activity;
- Address walking and biking connectivity between neighborhoods and schools, parks, recreational resources, and retail;
- Expand community access to indoor and outdoor public facilities through joint use agreements with schools and/or other partners;
- Revise comprehensive plans and zoning ordinances to increase opportunities for physical activity wherever and whenever possible, including mixed-use and transit-oriented development;
- Include health goals and policies related to physical activity in the comprehensive plan update and specific area plans;
- Build incentives for development project proposals to demonstrate favorable impact on resident and employee physical activity;
- Examine socio-economic disparities in access to physical activity facilities or resources and adopt strategies to remedy these inequities.

## II. HEALTHY FOOD ACCESS

BE IT FURTHER RESOLVED that Nederland planners, economic development individuals and engineers responsible for the design of parks, neighborhoods, streets and business areas should make every effort to:

- Facilitate the siting of healthy food retailers, community gardens and farmers' market to increase access to healthy food, including fresh fruits and vegetables;
- Include health goals and policies in support of both healthy, local food production and healthy food retailing in the comprehensive plan update;
- Revise and update relevant zoning code and other regulations to increase opportunities for access to healthy foods wherever and whenever possible, including prioritizing healthy food retail in mixed-use and transit-oriented development, allowing diverse revenue-generation;
- Build incentives for development project proposals to increase access to healthy foods by residents and employees;
- Examine socio-economic disparities in access to healthy foods and adopt strategies to remedy these inequities;
- Map the existing food environment and possibly draft an ordinance that will place limits on fast food and convenience stores that do not offer healthy options.

III. WORKPLACE WELLNESS

BE IT FURTHER RESOLVED that in order to promote wellness within Nederland, and to set an example for other businesses, the Town of Nederland pledges to adopt and implement an employee wellness policy that will:

- Establish physical activity breaks for meetings over one hour in length;
- Encourage walking meetings and use of stairways;
- Set nutrition standards for food offered at city events, city sponsored meetings, served at city facilities and city concessions, and city programs;
- Accommodate breastfeeding employees upon their return to work.

IV. IMPLEMENTATION

BE IT FURTHER RESOLVED that town staff report back to the Board of Trustees annually regarding steps taken to implement the Resolution, additional steps planned, and any desired actions that would need to be taken by the Council.

**RESOLVED, APPROVED and ADOPTED this 15th day of March, 2016.**

TOWN OF NEDERLAND

By:   
Joe Gierlach, Mayor

ATTEST:

  
Laura Jane Baur, Town Clerk

