

THE TOWN OF FOREST HEIGHTS
RESOLUTION 12-13

**SETTING FOREST HEIGHTS, COMMITMENT TO PUT
HEALTHY OPTIONS WITHIN REACH OF ALL RESIDENTS**

Introduced by: Mayor Jacqueline Goodall

WHEREAS, improving livability and community health are important goals; and

WHEREAS, an average of 1 in 3 Maryland youth are overweight and more than 64% of Maryland adult are overweight and obese; and

WHEREAS the nutrition and physical activity choices that individuals make for themselves and their families are influenced by their environment; and

WHEREAS obese youth and adults face increased risks for many chronic conditions, i.e., diabetes, hypertension, stroke, cancer, which for the first time in modern history, today youth will have a life span shorter than their parents; and

WHEREAS, Maryland spend over \$3 Billion per year on obesity related expenditures; and

WHEREAS, Reducing the average body mass index in Maryland by 5% could lead to health care savings of more than \$4 Billion in 10 yrs and 13 Billion 20 yrs; and

WHEREAS, the health maintained effect of all Forest Heights adults and youth through proper diet and exercise will reduce chronic disease and health care costs.

NOW, THEREFORE, LET IT BE RESOLVED that the Town Council hereby recognizes that obesity is a serious public health threat to the youth and adults in Forest Heights and a commitment to put healthy choices within reach of all resident through the promotion of Healthy lifestyle changes is needed. Significant societal and environmental changes are needed to support individual efforts to make healthier choices. To that end, Forest Heights adopts their Healthy Eating Activity Living Resolution.

BE IT FURTHER RESOLVED that the Town of Forest Heights Mayor and Council will set aside funds to retain the service of a part time employee to develop a program for the Council approval not to exceed \$7,000 dollars coming from line item 8030- \$1,000 and from line item 8026- \$6,000.

BE IT FURTHER RESOLVED that in order to provide wellness with in Forest Heights, the Town will develop a work place wellness policy for employees that promote healthy diet and exercise.

BE IT RESOLVED BY THE COUNCIL OF THE TOWN OF FOREST HEIGHTS,
that:

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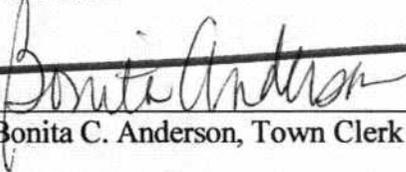
This Resolution shall become effective immediately upon its adoption.

ADOPTED: this 16th day of January, 2013.

<u>ROLL CALL VOTE</u>	<u>YEA/NAY/ABSTAIN/ABSENT</u>
GOODALL	_____
KENNEDY	_____
STONER	_____
BARNES	_____
CLARKE	_____
SMITH-BARNES	_____
REIFSNEIDER	_____

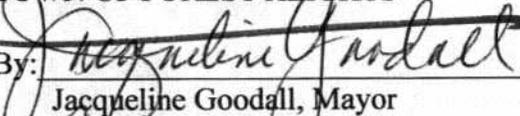
I HEREBY CERTIFY that the above Resolution No. 12-13 was passed by the required yea and nay vote of the Mayor and Council of the Town of Forest Heights on the 16th day of January, 2013.

ATTEST:

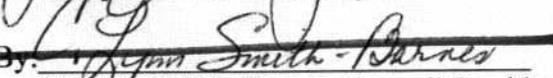


Bonita C. Anderson, Town Clerk

THE MAYOR AND COUNCIL OF THE
TOWN OF FOREST HEIGHTS

By: 

Jacqueline Goodall, Mayor

By: 

C. Lynn Smith-Barnes, Council President