

City of San Leandro
Civic Center, 835 E. 14th Street
San Leandro, California 94577



SAN LEANDRO NEWS

FOR IMMEDIATE RELEASE
December 8, 2009

CONTACT: [REDACTED]
Recreation and Human
Services Director
[REDACTED]

CITY OF SAN LEANDRO PROMOTES HEALTH AND WELLNESS IN THE COMMUNITY

SAN LEANDRO, CALIFORNIA - The City of San Leandro moved to tackle the obesity crisis head on December 7, 2009 by issuing a proclamation and signing on as a charter member of the Healthy Eating Active Living Cities Campaign (HEAL), a statewide campaign aimed at introducing changes in city policies and environments to reduce local obesity and physical inactivity rates and related costs.

"The health of our community has always been important to the City of San Leandro", states Mayor Tony Santos. "We are aware of the costs of obesity and will continue to keep the health of our community at the forefront of planning and land use policies". According to Council Member Gregory (who was on the HEAL Advisory Committee), "When the City Council learned that for the first time in modern history, today's youth may live shorter lives than their parents, we knew incorporating health into our city policies was a must." Both Mayor Santos and Council Member Michael Gregory walk the talk in their lifestyles. The Mayor walks and rides public transit whenever possible and Council Member Gregory commutes by bicycle.

City of San Leandro

Civic Center, 835 E. 14th Street
San Leandro, California 94577



In California, where more than half the adult population is obese or overweight, a recent study showed that the epidemic is costing the state more than \$41 billion a year in health care costs and lost productivity. San Leandro hopes to control those costs by drawing on the HEAL campaign's free training and assistance in the adoption of policies to improve the community's physical activity and retail food environments.

While citizens play a pivotal role in the diet and exercise choices they make, San Leandro policymakers recognize that local government plays a part in making it easier for their citizens to move to healthier behaviors. The built environment contributes considerably to the accessibility of healthy choices and active living. Per the proclamation, the City will revise comprehensive plans and zoning ordinances to increase opportunities for physical activity including compact, mixed-use and transit-oriented development. It has miles of bike paths and open space and trails for walking and will continue to address walking and biking connectivity between neighborhoods and schools, parks and businesses. The City will continue to be a model for healthy eating and active living by encouraging employees to take walking meetings and walking breaks during long meetings, offering employees healthy food choices and providing links to wellness information. The proclamation also encourages restaurants doing business in San Leandro to remove foods containing artificial trans fat and to disclose calorie and fat content.

"San Leandro is a real pioneer in providing residents healthy lifestyle choices" said Charlotte Dickson of the HEAL campaign. "It takes an innovative city government to explore new policy approaches that answer both the challenges associated with reduced funding and skyrocketing obesity-related costs. San Leandro residents can be rightfully proud that their local government is on the cutting edge of this issue."

For more information about the HEAL Cities Campaign call (510) 302-3387 or visit www.healcitiescampaign.org. Should you have further questions for the City of San Leandro in regards to the HEAL campaign, please contact [REDACTED], Director of Recreation and Human Services at [REDACTED].