



CITY OF LONG BEACH

DEPARTMENT OF HEALTH AND HUMAN SERVICES

R-25

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December 6, 2011

HONORABLE MAYOR AND CITY COUNCIL
City of Long Beach
California

RECOMMENDATION:

Adopt the attached Resolution adopting a City of Long Beach Healthy Snack Food and Beverage Policy (Citywide)

DISCUSSION

On April 19, 2011, the City Council requested the creation of a Long Beach Healthy Food, Beverage and Vending Policy that promotes good nutrition and healthy environments within City facilities and at City-sponsored meetings/events. This action was recommended due to the significant health consequences associated with the growing rate of overweight and obese youth and adults in Long Beach. Recent data indicates that 67 percent of adults and 47 percent of youth are overweight or obese. This action is intended to impact the obesity problem, and for the City to take a leadership role in supporting a healthy Long Beach.

As originally proposed, this policy was to include the following standards:

- 100% of the snacks and beverages sold in vending machines on City property and/or where City programs operate shall meet specified nutrition standards;
- 100% of the beverages and snack foods served at meetings/events led or coordinated by City staff or programs shall meet specified nutrition standards;
- Specified nutrition standards will be based on nationally recognized and accepted guidelines, similar to those used for foods and beverages sold in California schools (SB 12 and SB 965); and
- The standards are to include limits on sugar, fat, sodium and calories for snack foods, as well as the elimination of sugar-sweetened beverages, and limits on artificially sweetened beverages.

Proposed Policy

The attached Resolution conveys the recommendation for the proposed City of Long Beach Healthy Snack Food and Beverage Policy (Policy). The Policy reflects the requested direction of the City Council, with priority focus on the protective measures for youth populations.

HONORABLE MAYOR AND CITY COUNCIL

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The proposed Policy addresses snack foods provided in publicly accessible snack vending machines located throughout the city, and snack foods provided at public meetings focused on youth. The Healthy Beverage Vending Policy will be addressed in separate City Council action.

The proposed Policy is based on guidance from California schools for allowable snacks and beverages, programs successfully implemented in other cities and counties, and on input provided from local nutrition experts and community residents. These include nutritional limits on snacks served in vending machines, as well as those snacks and beverages served to youth populations at City sponsored meetings and classes. Limits are provided on fat, saturated fat, sugar and calories, with recommendations for limits on sodium. Items that fit these criteria include fruits, vegetables, baked chips, granola bars, crackers, low-fat cheeses, etc. Allowable beverages include those without added sugars such as water, 50-100% fruit juices, and low-fat milk. Also included are limitations on other artificially sweetened beverages served to youth at meetings.

The proposed Policy aims to improve the food environment by making the healthy choice the easy choice. The federal government recommends healthier food and beverage policies as an important strategy in addressing the obesity epidemic. As a City that takes a strong stand on obesity prevention and health promotion (through bike-friendly campaigns, participation in the Let's Move Campaign, etc.) the adoption of a food policy is consistent with the health focus of the City of Long Beach.

The proposed Policy is for food and beverages served at City meetings and classes oriented for youth populations (under the age of 18), requiring that 100 percent of the beverages and snack foods served at these meetings paid for with City funds and led or coordinated by City staff meet specified nutrition standards. The proposed Policy does not apply to special events (i.e., parades, festivals, etc.) nor do they apply to employee or public events oriented to adult populations (over the age of 18).

Upon adoption of the proposed Policy, the Health and Human Services Department will help ensure comprehension and compliance of the Policy by disseminating user-friendly information and by facilitating training sessions for City staff.

The matter was reviewed by Deputy City Attorney Linda Trang on November 18, 2011 and by Budget Management Officer Victoria Bell on November 22, 2011.

TIMING CONSIDERATIONS

City Council action is requested on December 6, 2011 in order to begin implementation of the Policy.

FISCAL IMPACT

There is no fiscal impact or local job impact associated with this recommendation.

SUGGESTED ACTION:

Approve recommendation.

Respectfully submitted,



RONALD R. ARIAS, DIRECTOR
HEALTH AND HUMAN SERVICES



GEORGE CHAPJIAN, DIRECTOR
PARKS, RECREATION AND MARINE

APPROVED:



PATRICK H. WEST
CITY MANAGER

RRA:GC:SMJ
Attachment: Resolution/Policy

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Long Beach, CA 90802-4664

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RESOLUTION NO.

A RESOLUTION OF THE CITY COUNCIL OF THE
CITY OF LONG BEACH ADOPTING A HEALTHY SNACK
FOOD AND BEVERAGE POLICY

WHEREAS, obesity is a serious and growing public health problem, with obesity rates more than doubling in the past twenty years; and

WHEREAS, the City of Long Beach is committed to promoting health and combating the obesity epidemic; and

WHEREAS, the federal Centers for Disease Control and Prevention and the Institute of Medicine recommend that local government entities implement policies and practices to promote healthy food and beverages and reduce or eliminate the availability of calorie dense nutrient poor foods; and

WHEREAS, the City of Long Beach has joined the federal government's Let's Move Cities and Towns Campaign which encourages local government to adopt policies that aim to reduce childhood obesity; and

WHEREAS, 31% of Long Beach adults are obese and therefore at risk for many chronic conditions such as diabetes, heart disease, stroke, hypertension, arthritis, and cancer; and

WHEREAS, childhood obesity in the United States has more than tripled in the past 30 years; and

WHEREAS, approximately 27% of Long Beach 5th, 7th, and 9th graders are considered obese; and

WHEREAS, the current generation of children may be the first that will be less healthy and have a shorter life expectancy than their parents due to the increasing rates of obesity; and

WHEREAS, obesity and overweight take a tremendous toll on the health

1 and productivity of all Californians, annually costing the state \$21 billion; and

2 WHEREAS, the City of Long Beach bears a portion of these costs in health
3 care premiums, sick days and lost productivity; and

4 WHEREAS, unhealthy foods and beverages are pervasive in our
5 community, and there is evidence that what we choose to eat is influenced by what is
6 available locally; and

7 WHEREAS, teens and adults who consume one or more sodas or sugar
8 sweetened beverages per day are more likely to be overweight or obese; and

9 WHEREAS, research has confirmed that a policy approach to preventing
10 disease confers significant benefit to the population at large; and

11 WHEREAS, the City of Long Beach is committed to using its public funds to
12 promote the public's health and welfare, including the health and welfare of children and
13 families; and

14 WHEREAS, the City has jurisdiction over municipal facilities and programs
15 serving residents and employees where they consume food and beverages; and

16 WHEREAS, it is in the City's interest to use facilities and programs to
17 promote and support health;

18 NOW, THEREFORE, the City Council of the City of Long Beach resolves as
19 follows:

20 Section 1. That the City Council of the City of Long Beach hereby adopts
21 a Healthy Snack Food and Beverage Policy, a copy of which is attached hereto as Exhibit
22 "A" and made a part hereof by this reference.

23 Section 2. That all snack foods to be sold in City-contracted vending
24 machines located in publicly accessible City-owned or City-controlled facilities and
25 institutions (including, but not limited to, parks, recreation centers, pools, City offices,
26 libraries, community centers, etc.) shall comply with the City's nutrition guidelines outlined
27 in the Policy.

28 Section 3. That all snack foods and beverages purchased by the City

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1 and provided at all youth oriented City-sponsored meetings, programs and events, except
2 at special events, shall comply with the City's nutrition guidelines outlined in the Policy.

3 Section 4. That future procurement and negotiations of City contracts for
4 the operation of snack food vending machines within publicly accessible City facilities and
5 institutions shall specify a requirement that all snack foods to be sold in City-contracted
6 vending machines shall meet the City's nutrition guidelines outlined in the Policy.

7 Section 5. This resolution shall take effect immediately upon its adoption
8 by the City Council, and the City Clerk shall certify the vote adopting this resolution.

9 I hereby certify that the foregoing resolution was adopted by the City
10 Council of the City of Long Beach at its meeting of _____, 2011 by
11 the following vote:

12
13 Ayes: Councilmembers: _____
14 _____
15 _____
16 _____

17 Noes: Councilmembers: _____
18 _____

19 Absent: Councilmembers: _____
20 _____

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23 _____
City Clerk

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Exhibit A
Long Beach Healthy Snack Food and Beverage Policy

The purpose of the Long Beach Healthy Snack Food and Beverage Policy is to promote good health among Long Beach residents, and to make Long Beach a healthy “world class” city.

The nutrition standards outlined in this policy have been established based on the standards used by California schools (SB 12), as well as those standards developed and successfully implemented in other cities and counties with food and beverage policies. These standards are also consistent with many of the nutrition messages provided in the *Dietary Guidelines for Americans*. The Dietary Guidelines Advisory Committee, which is jointly established by the U.S. Department of Agriculture and the U.S. Department of Health and Human Services, has created the *Dietary Guidelines for Americans* with the purpose of providing science-based advice to promote health and reduce the risk of chronic disease through diet and physical activity.*

Healthy Snack Food and Beverage Policy

Snacks and/or Beverages Served at Youth Oriented City Meetings and Classes

If snacks and/or beverages are served at meetings/classes where youth are present, the products **are required to be healthful**. Healthy food snacks include: baked chips, pretzels, popcorn, granola bars, nuts and seeds, dried fruits, fresh fruits and vegetables, animal and graham crackers, low fat/ reduced fat cheeses, hummus and pesto dips, crackers, and yogurts. Healthy beverages include: 50 -100% fruit juices, bottled water, unflavored low fat and nonfat milk, soy milks, artificially sweetened sports drinks/vitamin waters/flavored waters. All meetings with youth where beverages are served must have water (pitchers and/or bottled) as an available beverage option.*

Snack Food Vending Machines

All snack food in vending machines **in public areas will be required to be healthful items**. For example, snack food vending machines may contain baked chips, pretzels, popcorn, granola bars, nuts and seeds, dried fruits, fresh fruits and vegetables, animal and graham crackers, low fat/ reduced fat cheeses, hummus and pesto dips, crackers, and yogurts.*

Note – snack food vending machines “not in public areas” are not subject to this policy. The products noted are not exclusive.

Policy Exemptions

The Long Beach Healthy Snack Food and Beverage Policy **does not** apply to the following:

- 1) All meals, snacks and beverages served at meetings for staff or the public which are oriented to primarily adult populations (age 18+). It is a recommendation that City staff strive to serve healthful items to adult populations.
- 2) Food items served as a meal or entrées (i.e., breakfast, lunch and/or dinner), including the accompanying dessert.
- 3) Food and beverage items donated for use at all staff or public events, or items purchased by individual staff (not using City funds). Potlucks, retirement celebrations, etc, are not subject to this policy.
- 4) Special events as defined by California Health and Safety Code Section 113755 (i.e., parades, festivals, etc.).
- 5) City-sponsored special events (i.e. Halloween carnivals held at parks, Spring egg hunts at parks).
- 6) Vendors in locations not under direct City control (i.e., golf courses, airport food vendors, city hall snack shop vendor).
- 7) Individuals or groups using/renting City facilities such as ball fields or park meeting halls.
- 8) City staff and City business meetings, including City Council, City Committee/Commission/Board meetings, where refreshments are not open to the general public.
- 9) During times of emergencies, as declared by authorized City safety personnel.

Definitions

- Youth-Sites – are those City sites open to the public where there is programming specifically for children and youth (under the age of 18) such as community health centers, libraries, park sites, or other spaces that regularly host out of school time programs, and athletic facilities that are used by youth teams.
 - Non-youth sites – are all sites City sites open to the public which do not meet the definition of a youth site.
 - Youth-Oriented Meetings - are those specifically geared toward children and teens (under the age of 18).
 - Snack Foods - when served at meetings/classes, snack foods include all foods that are not accompanied by an entrée. Dessert items such as cookies, cake, and other baked goods are allowed if a full meal is served.
 - Public Area – means any area to which the public is invited or in which the public is generally permitted and under the control of the City.
- * The Health Department can provide a "Healthy Snack Food and Beverage Policy" listing and additional information on nutritional requirements of said products in compliance with the noted nutrition standards.