

**RESOLUTION NO. \_\_\_\_\_****RESOLUTION OF SUPPORT FOR THE BLUE ZONES  
COMMUNITY POLICY PLEDGE ACTIONS**

WHEREAS, improving the overall well-being of the citizens of the City of Muscatine will improve productivity, lower health care costs, and improve the economy; and

WHEREAS, Muscatine currently has scored 66.7% in the Gallup-Healthways Well-Being Index and ranks 66 out of 99 Iowa counties in the national County Health Rankings for overall Health Outcomes; employers cite "presenteeism" as a significant productivity concern with employees showing up to work without the ability to focus at 100%; and the rate of obesity and related chronic disease healthcare costs have increased dramatically with adult obesity rates increasing from 28% to 32% over just the last 3 years; and

WHEREAS, there are known geographic regions around the world where people live longer and "better" and these communities have nine commonalities:

1. Move Naturally
2. Know Your Purpose
3. Down Shift
4. 80% Rule
5. Plant Slant
6. Wine @ 5
7. Right Tribe
8. Community
9. Love Ones First

NOW, THEREFORE, BE IT RESOLVED that the City of Muscatine will seek to understand our level of well-being and improve upon those things at which those in Blue Zones areas excel, so that we will improve our well-being, productivity, and economic vitality.

Through appropriate council or administrative policies and built environment changes by May of 2014, we will formally consider adoption of the following items as outlined in the Blue Zones Community Policy Pledge to achieve certification as a Blue Zones Community:

**A. Complete Streets Policy**

1. Pass a city resolution or ordinance to adopt Complete Streets principles.
2. Ensure staff in charge of design has received training on how to design Complete Streets.

**B. Tobacco Policy**

1. Adopt a comprehensive smoke-free policy for all indoor workplaces and public places and adopt a policy to address smoke-free multi-unit public housing.

**C. Active Living Policy**

1. Update zoning and building codes to encourage mixed-use development.
2. Adopt a bicycle master plan that includes plans for accountability, funding, implementation, and evaluation.
3. Adopt a pedestrian master plan that includes plans for accountability, funding, implementation, and evaluation.

**D. Healthy Eating Policy**

1. Establish zoning to limit density and location of fast-food establishments.
2. Adopt policies to promote outdoor dining.
3. Ensure that community gardens and farmer's markets are allowable uses of city property.
4. Adopt healthy vending standards in municipal buildings and public parks.
5. Increase access to fresh-water drinking fountains.
6. Adopt a written worksite breastfeeding policy that provides space and time for breastfeeding for city employees.

PASSED, APPROVED, AND ADOPTED THIS 16<sup>th</sup> DAY OF MAY, 2013.

CITY COUNCIL OF THE CITY OF MUSCATINE, IOWA

BY:

DeWayne Hopkins Mayor

ATTEST:

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Gregg Mandsager, City Administrator