AGN. NO. ____

MOTION BY SUPERVISOR MARK RIDLEY-THOMAS AND MICHAEL D. ANTONOVICH

JULY 7, 2009

REVISED

Healthy Food and Beverage Options at County Facilities

The Public Health Department 2009 report on the Key Indicators of Health includes increasingly disturbing statistics related to the rising chronic disease burden prevalent across the entire County. Most striking are mortality and morbidity statistics influenced by poor nutrition, including diabetes, hypertension and heart disease. For example, in Service Planning Areas 6 and 7, the prevalence of diabetes is higher than 11%, and in SPA 6, over a third of adults are considered obese. These disease indicators result in a decreased quality of life, premature morbidity, and additional costs to our over-burdened health care infrastructure.

To further elucidate the unhealthy eating patterns of our communities, the report shows that only 15% of adults consume the recommended five or more servings of fruits and vegetables a day, while over 40% of adults report eating fast food at least once a week. In light of these findings, the promotion of healthy eating opportunities

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deserves the highest level of consideration from not only a consumer, but also from an employer's perspective.

In 2006, the Board of Supervisors conveyed its commitment to nutrition promotion by calling for the development of the Physical Activity and Nutrition Task Force to study this issue and provide recommendations. The Board ultimately adopted a policy that required 33% of all foods and beverages offered in County-contracted food and beverage vending machines adhere to state nutritional guidelines by 2009, and 50% meet a similar standard by 2011.

While these benchmarks demonstrate the Board's interest in promoting healthy food and beverage options, the County needs widespread policies that build comprehensive workplace wellness programs and ensure consequential opportunities and exposure to healthy foods and beverages. In addition, the 2006 recommendations created difficult benchmarks for the vendors to stock and for administrators to enforce.

Currently, 400 vending machines in facilities throughout the County are up for contract renewal. This provides a timely opportunity for us to scale up our nutritional programming to meaningfully set a precedent for health food and beverage promotion.

This Board has recently shown leadership in the public health field by adopting a smoking ban in County parks and recreational facilities that aims to support smoking cessation by increasing stigma, and reducing one's ability to smoke in public spaces. In light of this growing obesity and diabetes crisis rampant across the County, the same

type of progressive response is required in order for Los Angeles to truly stand as a model, health-promoting employer.

WE THEREFORE MOVE, THAT THE BOARD OF SUPERVISORS:

Direct the Chief Executive Officer, in coordination with all appropriate Departments, immediately begin to take all necessary steps to:

1. Ensure that future procurement and contractual negotiations for the operation of vending machines within County facilities, with the exemption of custody facilities operated by the Los Angeles Sheriff's Department, specify a requirement for 100% healthy food and beverage options, are consistent with the State of California's Nutritional Guidelines; and
2. Coordinate with the Department of Public Health to identify the highest strategic priorities for this Board to improve nutritional policy and programs County-wide and to report back within 30 days. ~~Report back within 60 days with recommendations on additional steps that can be taken to incorporate a similar and consistent standard of healthy food options in County-sponsored events and procurement activities.~~

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