

**CITY OF EL PASO, TEXAS  
AGENDA ITEM  
DEPARTMENT HEAD'S SUMMARY FORM**

**DEPARTMENT:** Department of Public Health  
**AGENDA DATE:** CCA January 6, 2011  
**CONTACT PERSON/PHONE:** Michael Hill – Director, (915) 771-5702  
**DISTRICT(S) AFFECTED:** All

**SUBJECT:**

A resolution making obesity prevention a priority for the City of El Paso, commits to developing programs geared to improve nutrition and increase physical activity, make policy recommendations toward obesity prevention, and directs the City Manager or designee to implement the five-year Obesity Prevention Action Plan and report progress annually to City Council.

**BACKGROUND / DISCUSSION:**

The Healthy Eating Active Living (HEAL) Coalition is made up of members from various organizations throughout El Paso including the Department of Public Health, the Paso del Norte Health Foundation, the Pan American Health Organization, Centro San Vicente, the El Paso Diabetes Association, the El Paso Independent School District, and the YMCA. The Coalition organized in early 2010 and their first task was to work on obesity prevention. Rather than tackle the issue from a negative stand point, the coalition chose to take proactive, positive approaches. This resolution is one such approach and is not only being presented in El Paso, but also in Socorro and Horizon with other municipalities in the region to follow. According to the latest Behavioral Risk Factor Surveillance System Survey, in El Paso, 29% of adults reported themselves as obese and another 37% reported themselves as overweight. The rate of overweight and obesity in children is also rising and there is concern that this generation of children will not live as long as their parents. The opportunity to change these statistics lies in part with creating healthy places for people to live, helping them to have access to healthy foods and encouraging physical activity. The resolution empowers staff and calls upon City departments to make policy recommendations that Council may consider.

**PRIOR COUNCIL ACTION:**

N/A

**AMOUNT AND SOURCE OF FUNDING:**

N/A

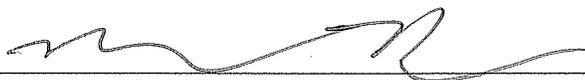
**BOARD / COMMISSION ACTION:**

N/A

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\*\*\*\*\*AUTHORIZATION\*\*\*\*\*

**DEPARTMENT HEAD:**



## RESOLUTION

**WHEREAS**, in El Paso, Texas 29% percent of adults reported themselves obese and another 37% reported themselves as overweight according to the Behavioral Risk Factor Surveillance System; and

**WHEREAS**, obesity and overweight are primarily a consequence of poor nutrition and physical inactivity; and

**WHEREAS**, improved nutrition and physical activity have benefits beyond weight control; and

**WHEREAS**, infants who are breastfed are less likely to become obese children or adults; and

**WHEREAS**, individual effort alone is insufficient to combat obesity's rising tide and significant societal and environmental changes are needed to support individual efforts to make healthier choices; and

**WHEREAS**, improvements to the "built environment"— including, bike and pedestrian friendly streets, adequate public transportation, access to healthy food retailers, access to parks, trails and grocery stores, or the lack thereof – have a significant impact on obesity rates;

**NOW, THEREFORE, BE IT RESOLVED**, that the City of El Paso hereby recognizes that poor nutrition and lack of physical activity are serious threats to the health and well-being of adults, children, and families in El Paso. As a result, the City of El Paso makes obesity prevention a priority, commits to developing programs geared to improve nutrition and increase physical activity, make policy recommendations toward obesity prevention, and directs the City Manager or designee to implement the five-year Obesity Prevention Action Plan attached hereto as Exhibit "A", and report progress annually to City Council.

**ADOPTED** this the \_\_\_\_\_ day of \_\_\_\_\_, 20\_\_\_\_\_.

**CITY OF EL PASO**

\_\_\_\_\_  
John F. Cook  
Mayor

**ATTEST:**

\_\_\_\_\_  
Richarda Duffy Momsen  
City Clerk

**APPROVED AS TO FORM:**

\_\_\_\_\_  
Josette Flores  
Assistant City Attorney

**APPROVED AS TO CONTENT:**

\_\_\_\_\_  
Michael Hill, Director  
Department of Public Health

## **EXHIBIT “A”**

### **Obesity Prevention Action Plan**

#### **1. Built Environment**

a. The City Manager shall review comprehensive plans, zoning ordinances, subdivision regulations, smart growth policies, and other plans, codes, policies, and regulations, and report to the El Paso City Council proposed action that could increase access to healthy foods, and increase opportunities for physical activity.

b. The City Manager shall request a Health Impact Assessment from the Director of Public Health for any new large-scale development project. Such assessment will study the potential effect of a development project on physical activity, availability of nutritious foods, and other potential impacts on population health in the area of the development project.

c. The City Manager shall review and revise all policies that might erect unnecessary barriers to use of local parks, recreation facilities, physical activity programs or any related activities.

#### **2. Access to Healthy Food**

a. The City Manager shall review and revise all policies and practices that might erect unnecessary barriers to breastfeeding, community gardening, farmers’ markets, or related activities.

b. The City Manager shall identify any transportation barriers to accessing supermarkets or farmers’ markets and determine where there are opportunities to increase access to healthy food through public transportation.

c. The City Manager shall review existing beverage, snack, and food service contracts, and upon renewal, revise these contracts to reduce access to sugar-sweetened beverages and food high in sugar and fat, and replace them with beverages and food that support good health and nutrition, and shall report findings to the El Paso City Council.

#### **3. Employee Wellness Program and Policies**

a. In order to promote employee wellness within the City of El Paso, and to set an example for other businesses, the City Manager shall work with key stakeholders to enhance the

municipal employee wellness program emphasizing improved nutrition, physical activity, and safety. In addition to recommending any new wellness policies or practices for employee wellness, the City Manager shall report estimated program costs and estimated potential savings from improved employee health and well-being.

4. Community Involvement for Improved Nutrition and Physical Activity

a. The City of El Paso will seek various City departments' representation on the Paso del Norte Healthy Eating and Active Living Coalition. Participating City Departments shall report back to the City Manager potentially beneficial policy recommendations from said Coalition.

5. Implementation

a. The City Manager will evaluate and report annually regarding steps taken to implement this Resolution, additional steps planned, and any desired actions that would need to be taken by El Paso City Council to promote proper nutrition and physical activity.

# Physical Health

“Recently, there has been a growing body of evidence linking aspects of the built environment to obesity (33–52). The 20 articles that met the eligibility criteria for this review have all been published within the past 5 years. Of these 20 studies, 17 found a statistically significant relation between some aspect of the built environment and risk of obesity.”

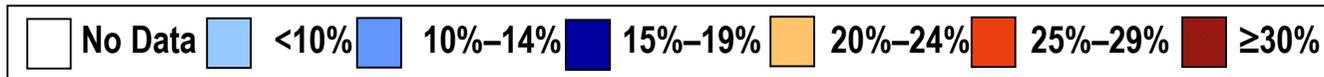
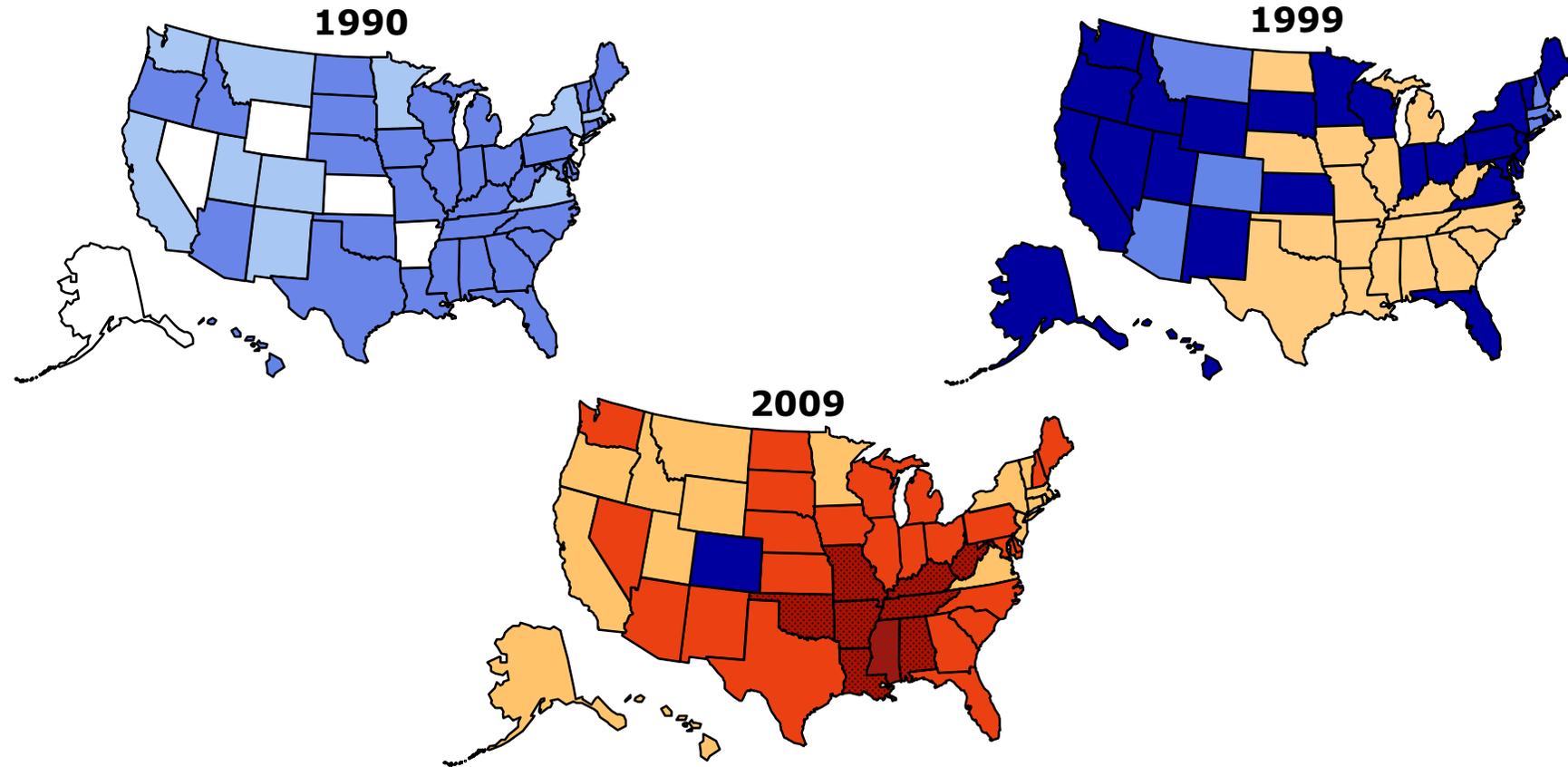
- In 1990, among states participating in the Behavioral Risk Factor Surveillance System, ten states had a prevalence of obesity less than 10% and no states had prevalence equal to or greater than 15%.
- By 1999, no state had prevalence less than 10%, eighteen states had a prevalence of obesity between 20-24%, and no state had prevalence equal to or greater than 25%.
- In 2009, only one state (Colorado) and the District of Columbia had a prevalence of obesity less than 20%. Thirty-three states had a prevalence equal to or greater than 25%; nine of these states (Alabama, Arkansas, Kentucky, Louisiana, Mississippi, Missouri, Oklahoma, Tennessee, and West Virginia) had a prevalence of obesity equal to or greater than 30%.



# Obesity Trends\* Among U.S. Adults

## BRFSS, 1990, 1999, 2009

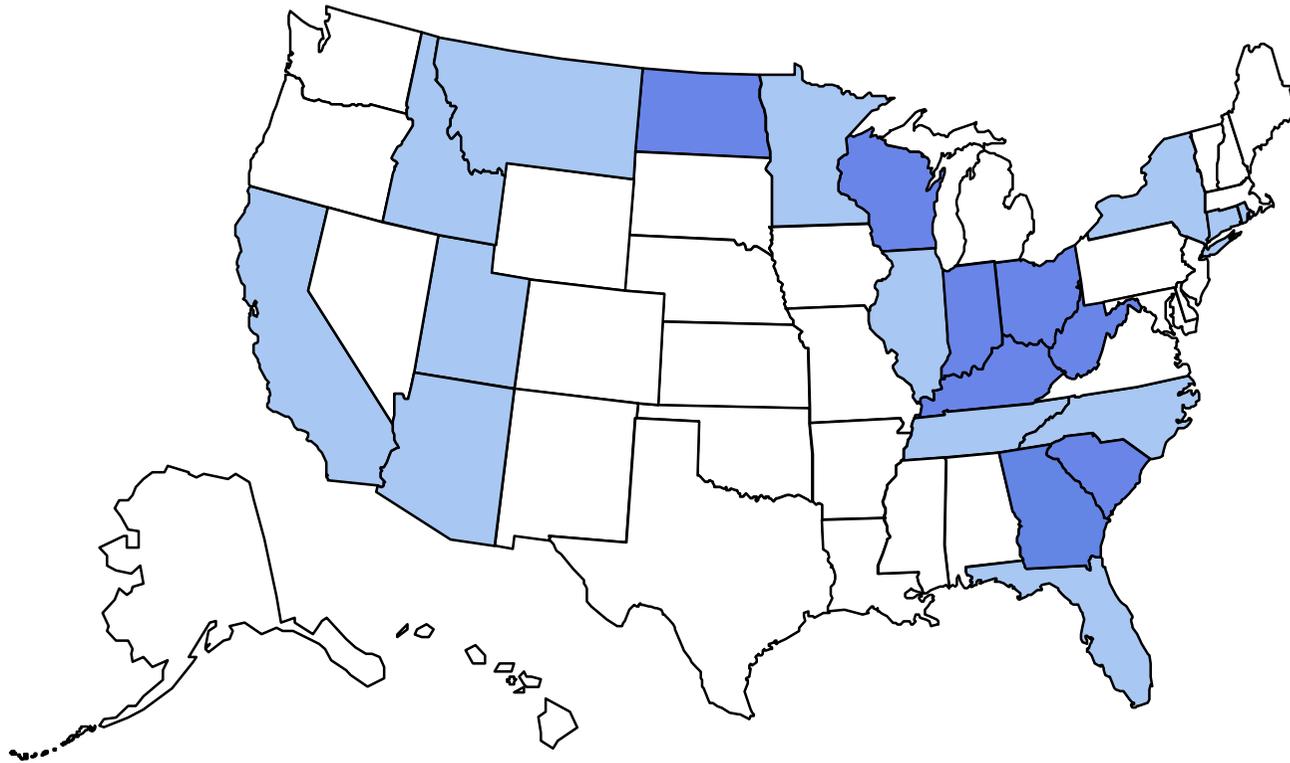
(\*BMI  $\geq 30$ , or about 30 lbs. overweight for 5'4" person)



# Obesity Trends\* Among U.S. Adults

BRFSS, 1985

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)

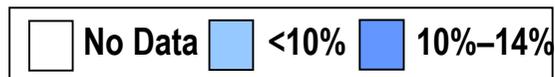
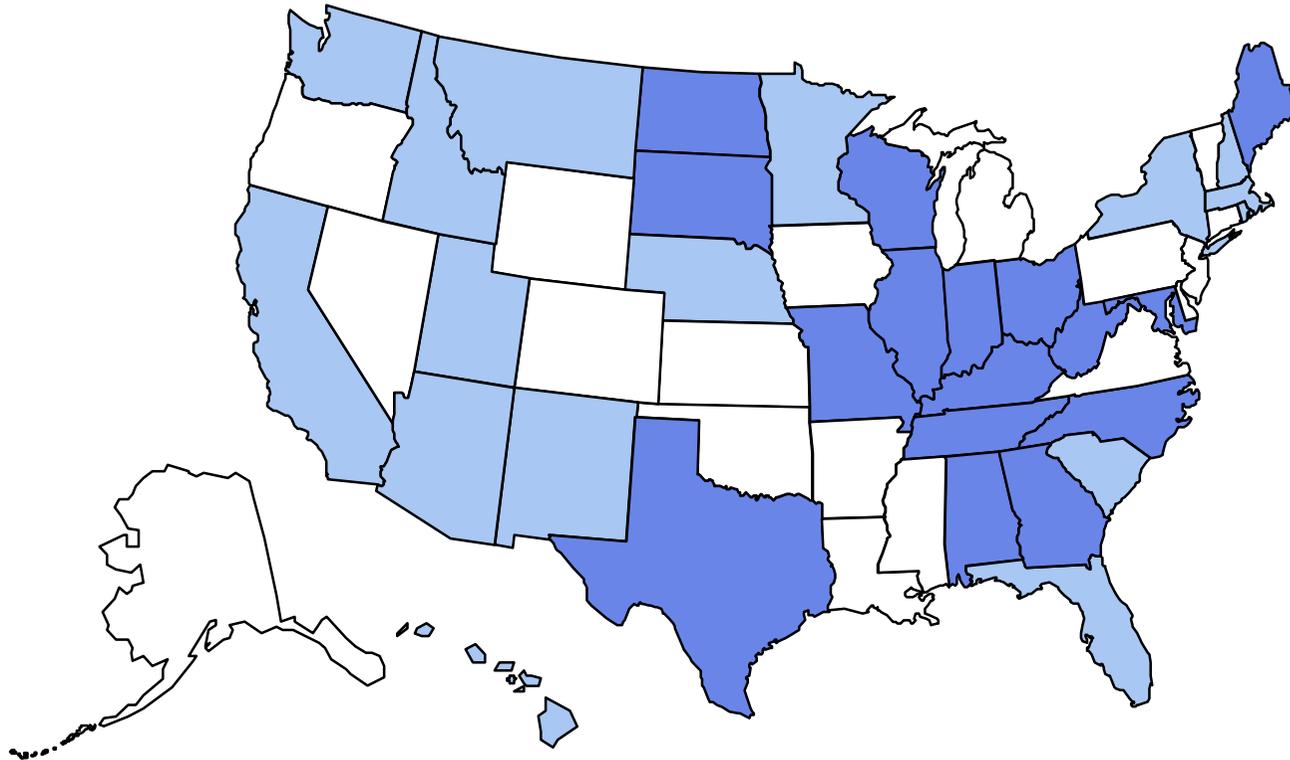




# Obesity Trends\* Among U.S. Adults

BRFSS, 1987

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)

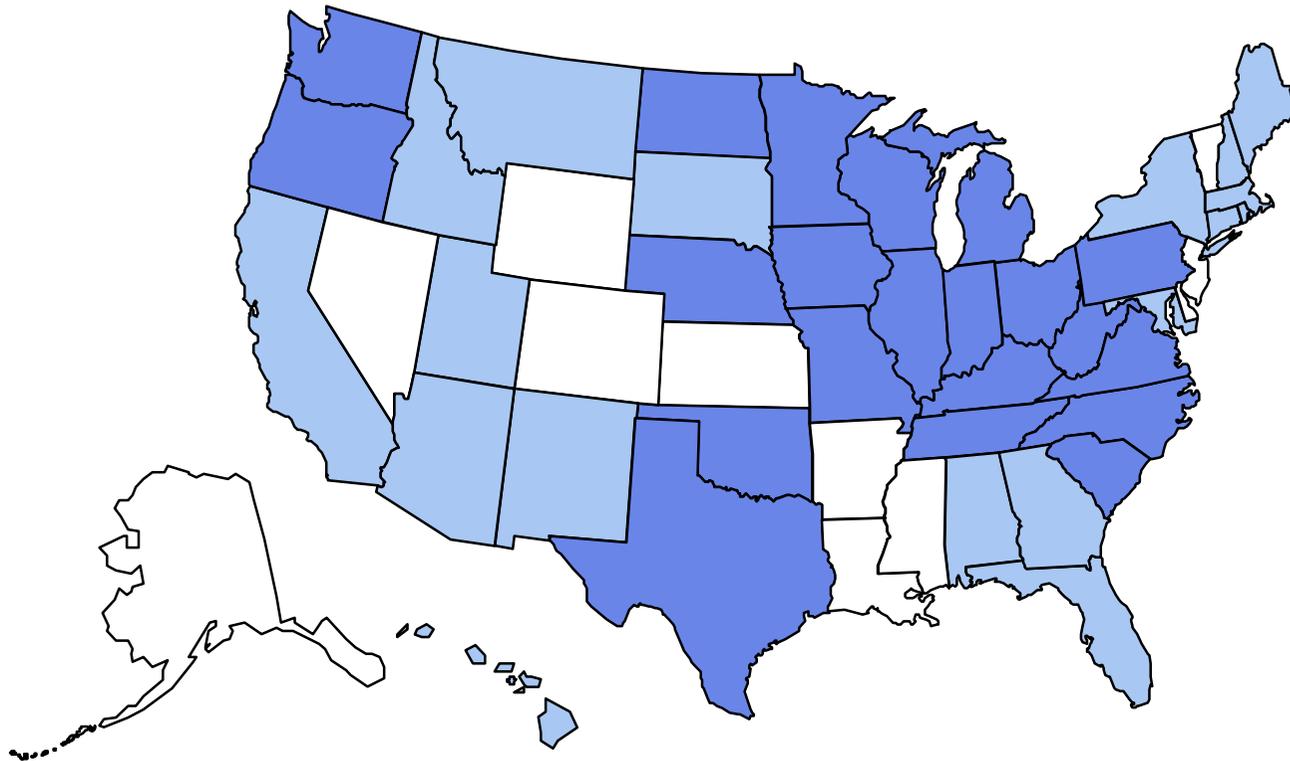




# Obesity Trends\* Among U.S. Adults

BRFSS, 1989

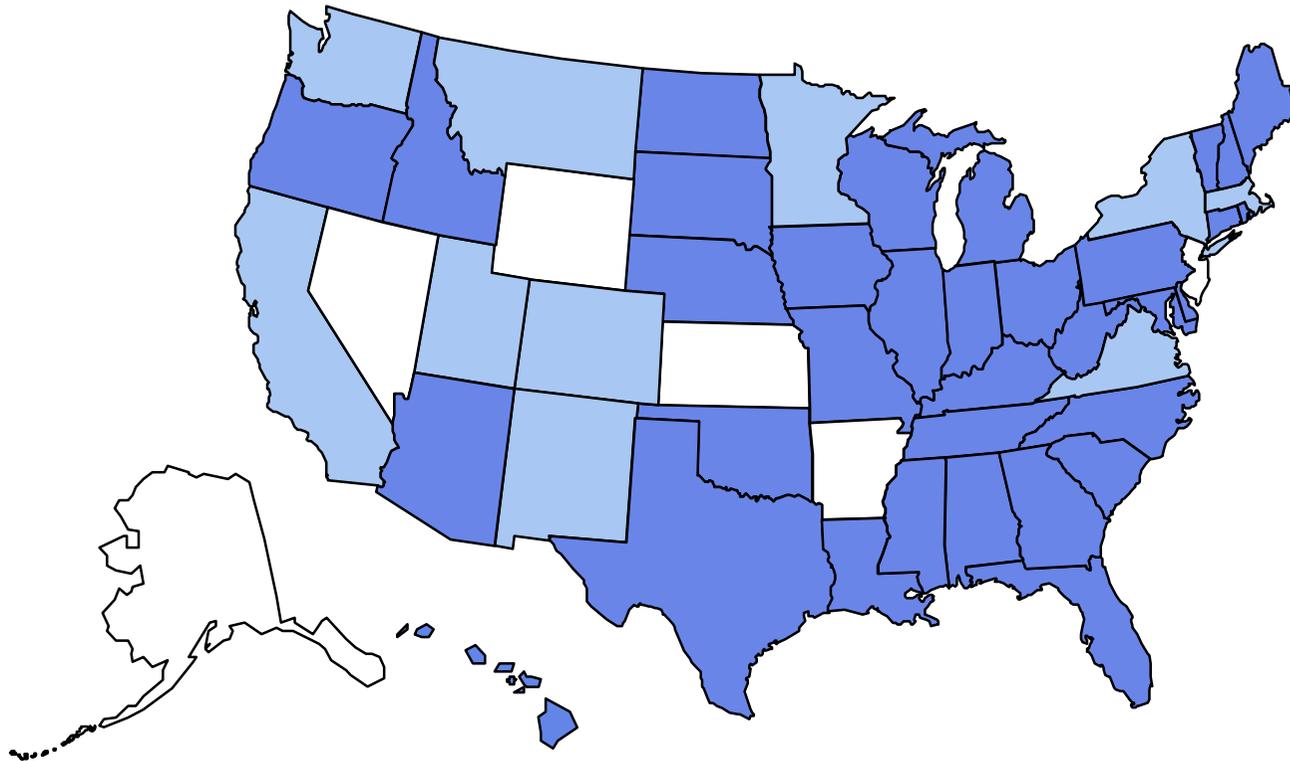
(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)



# Obesity Trends\* Among U.S. Adults

BRFSS, 1990

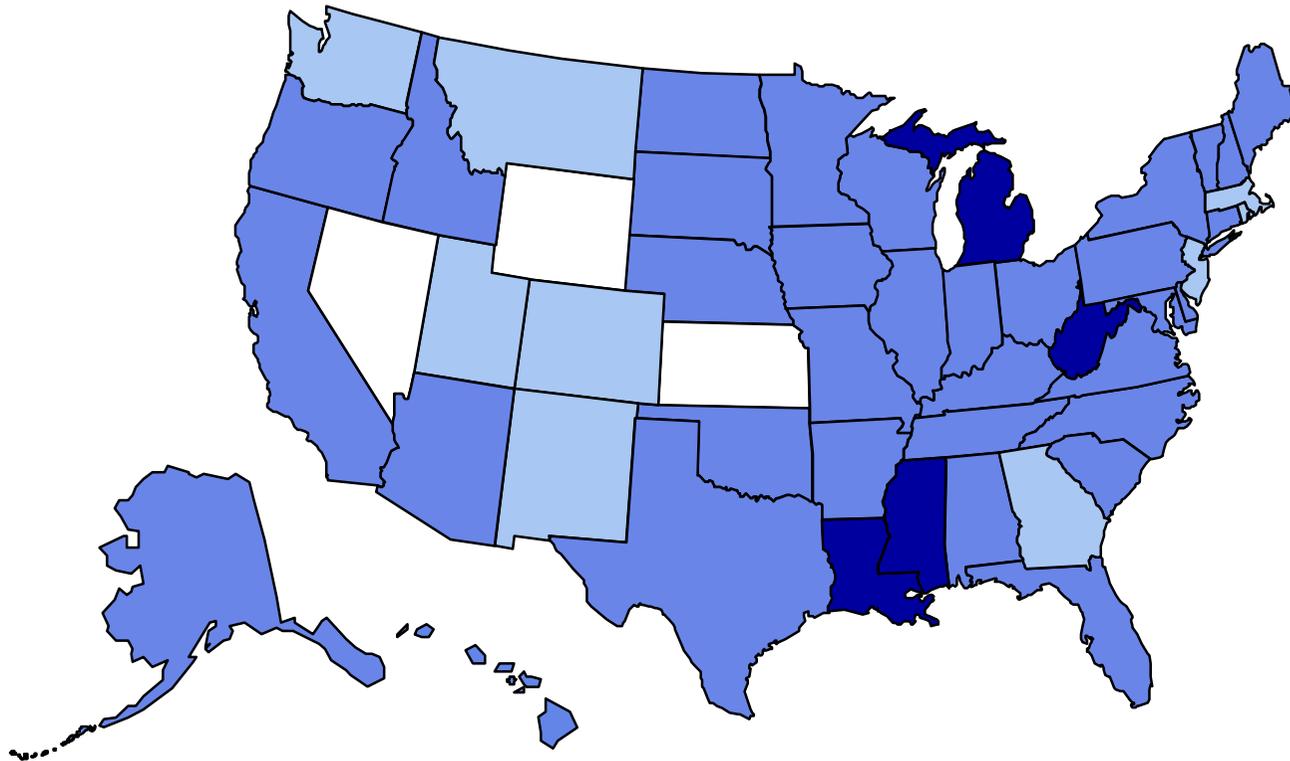
(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)



# Obesity Trends\* Among U.S. Adults

BRFSS, 1991

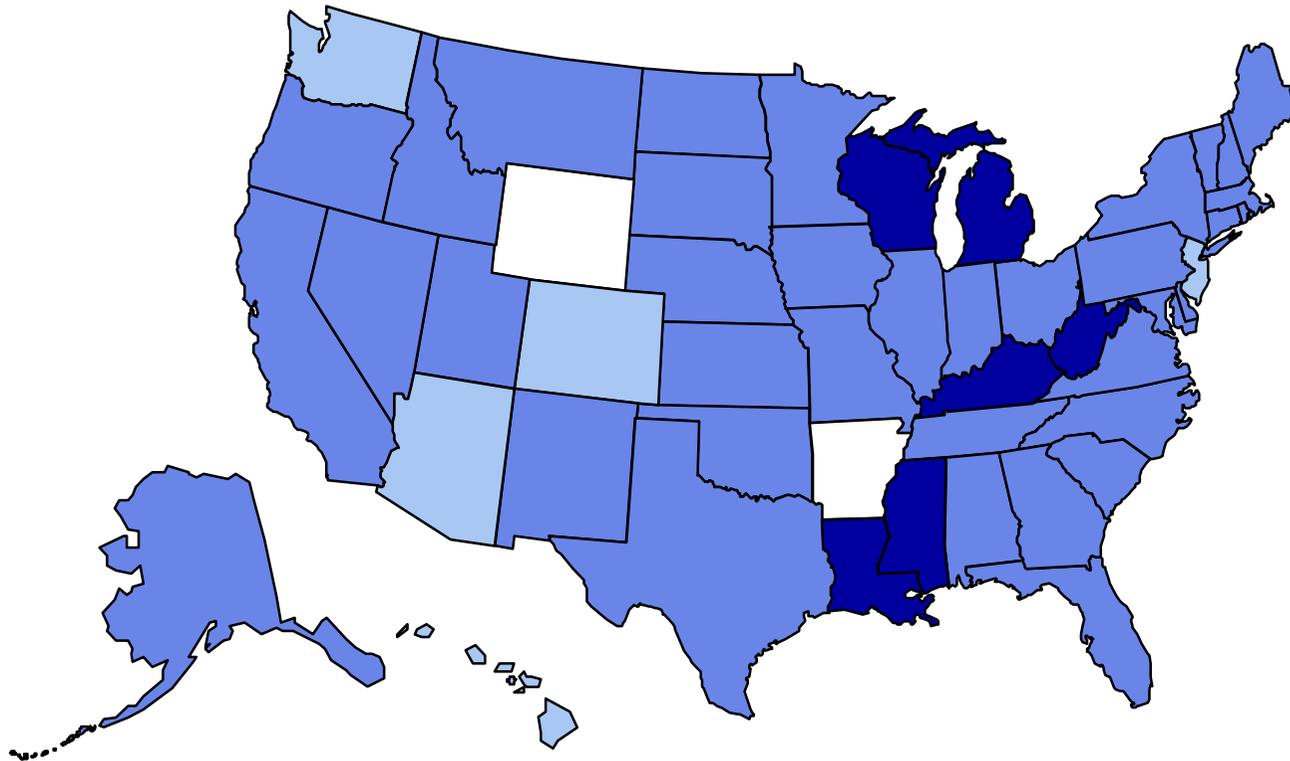
(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)



# Obesity Trends\* Among U.S. Adults

BRFSS, 1992

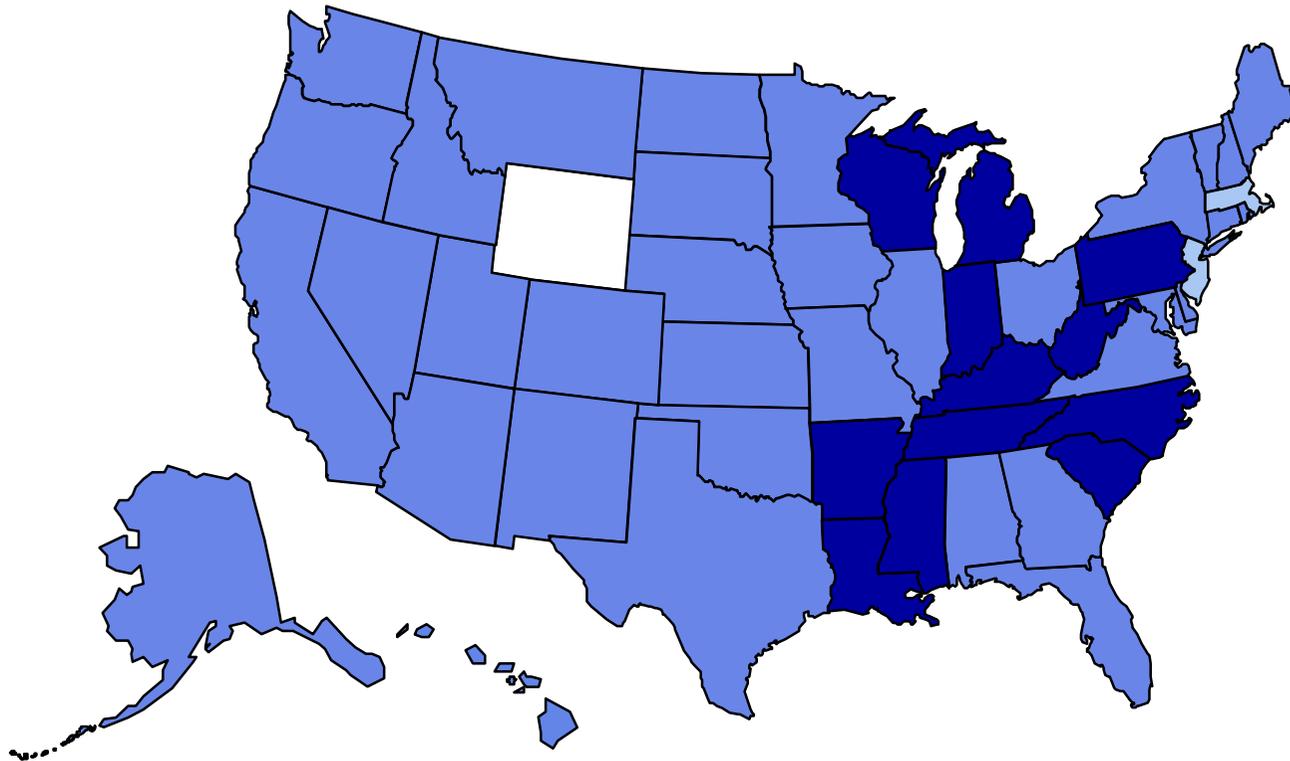
(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)



# Obesity Trends\* Among U.S. Adults

BRFSS, 1993

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)

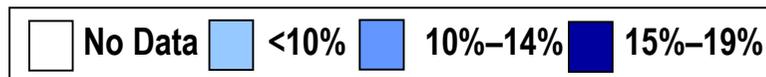
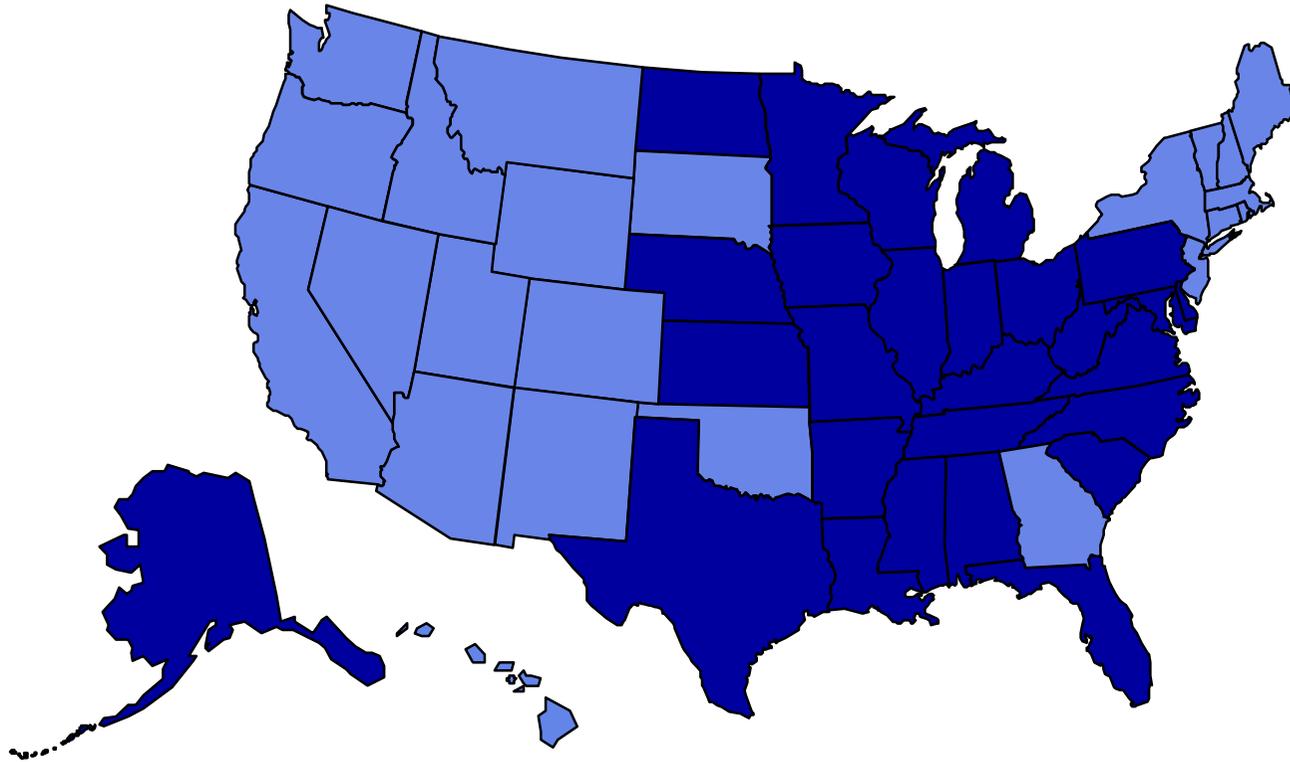




# Obesity Trends\* Among U.S. Adults

BRFSS, 1995

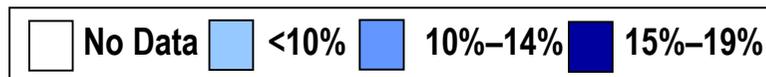
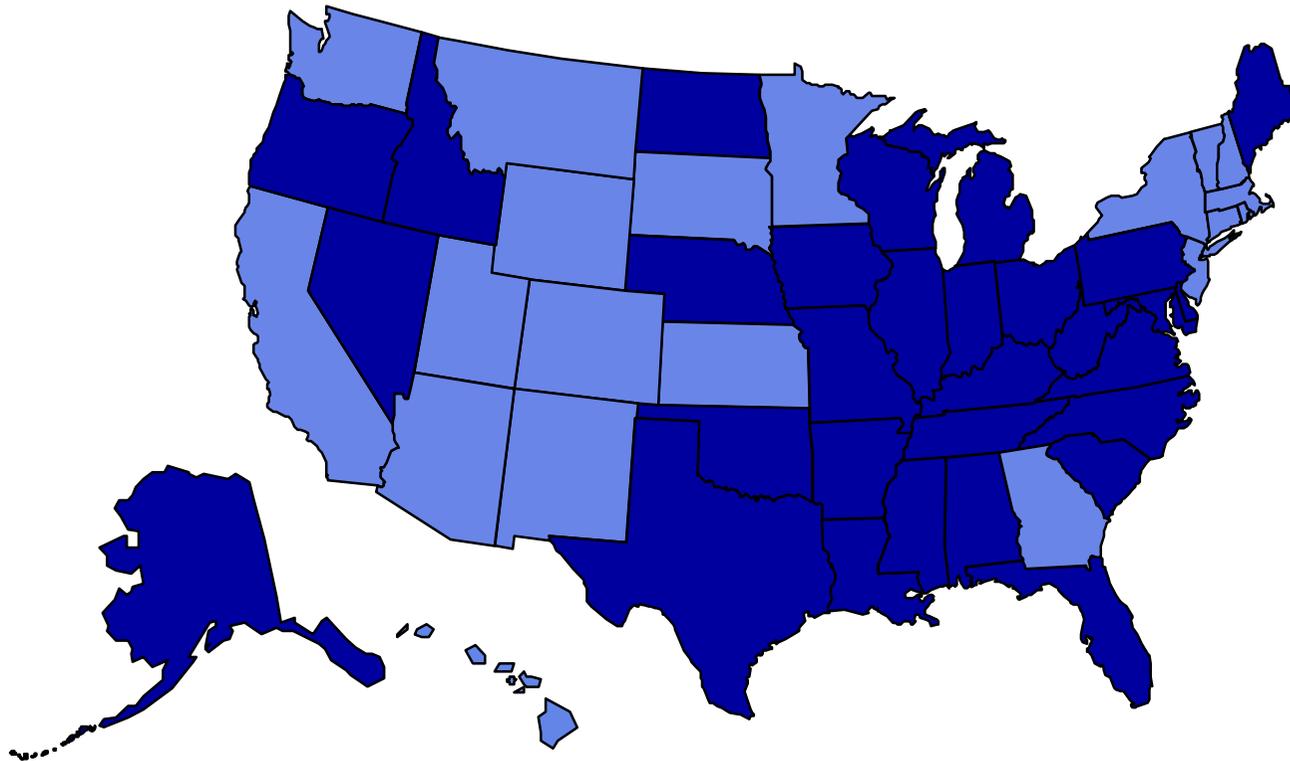
(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)



# Obesity Trends\* Among U.S. Adults

BRFSS, 1996

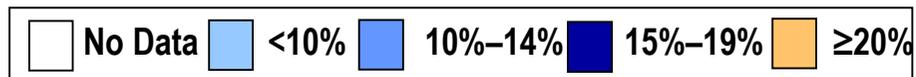
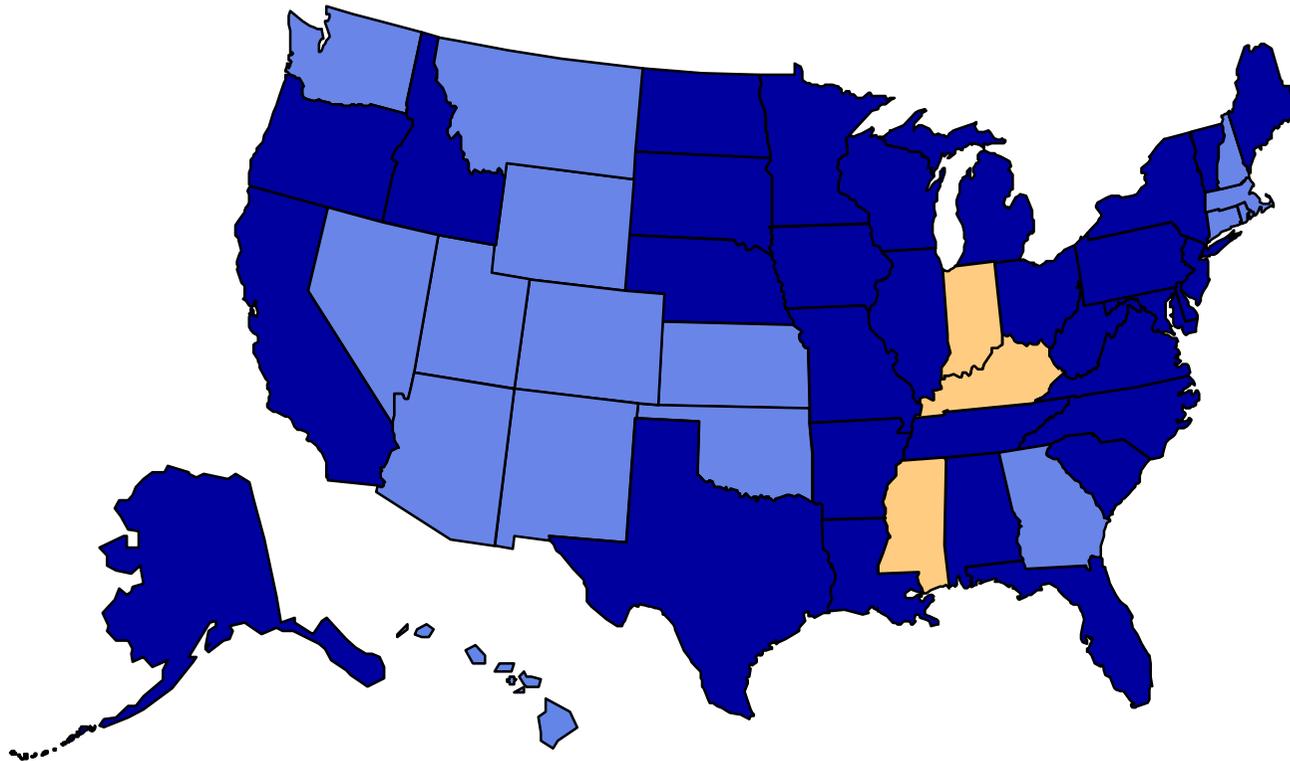
(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)



# Obesity Trends\* Among U.S. Adults

BRFSS, 1997

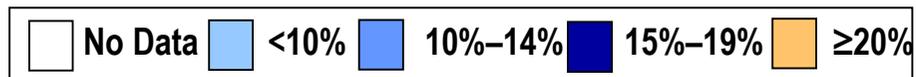
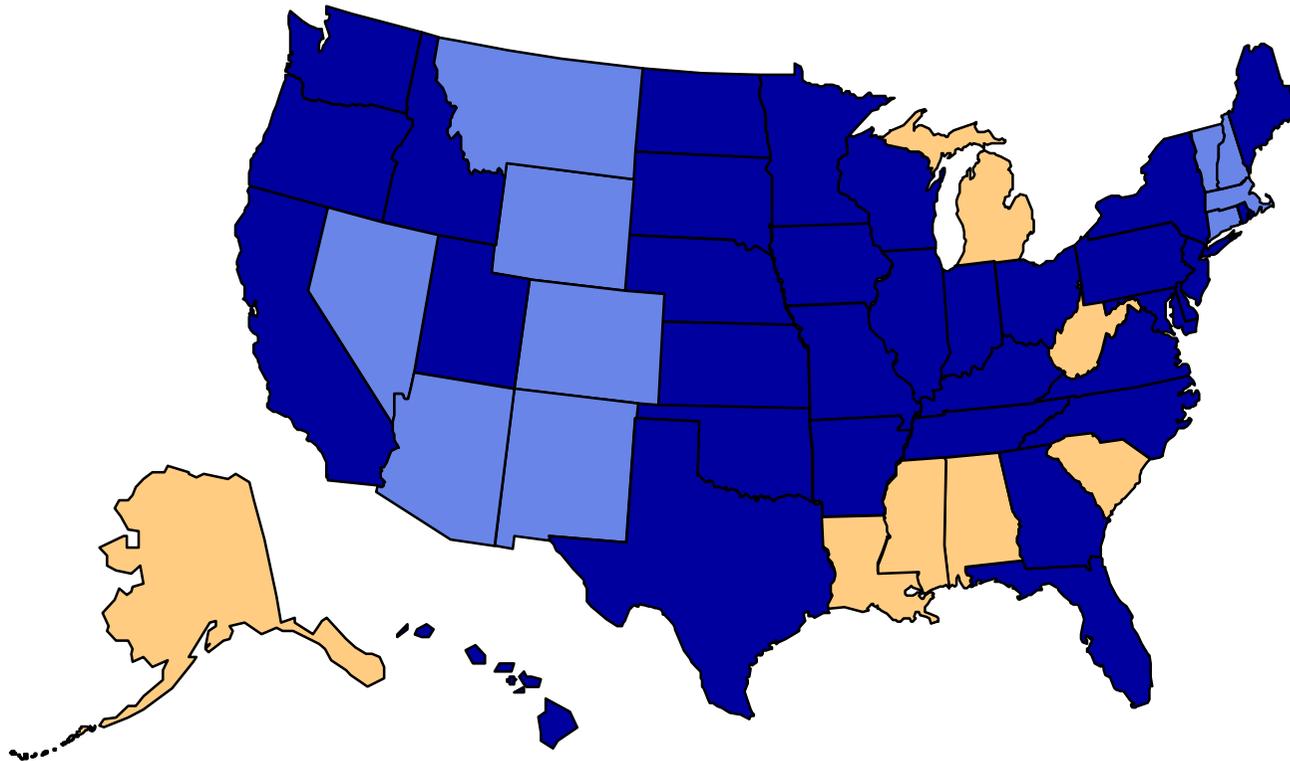
(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)



# Obesity Trends\* Among U.S. Adults

BRFSS, 1998

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)

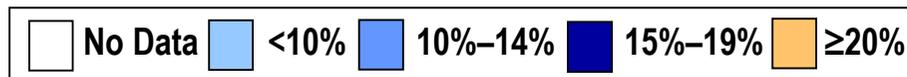
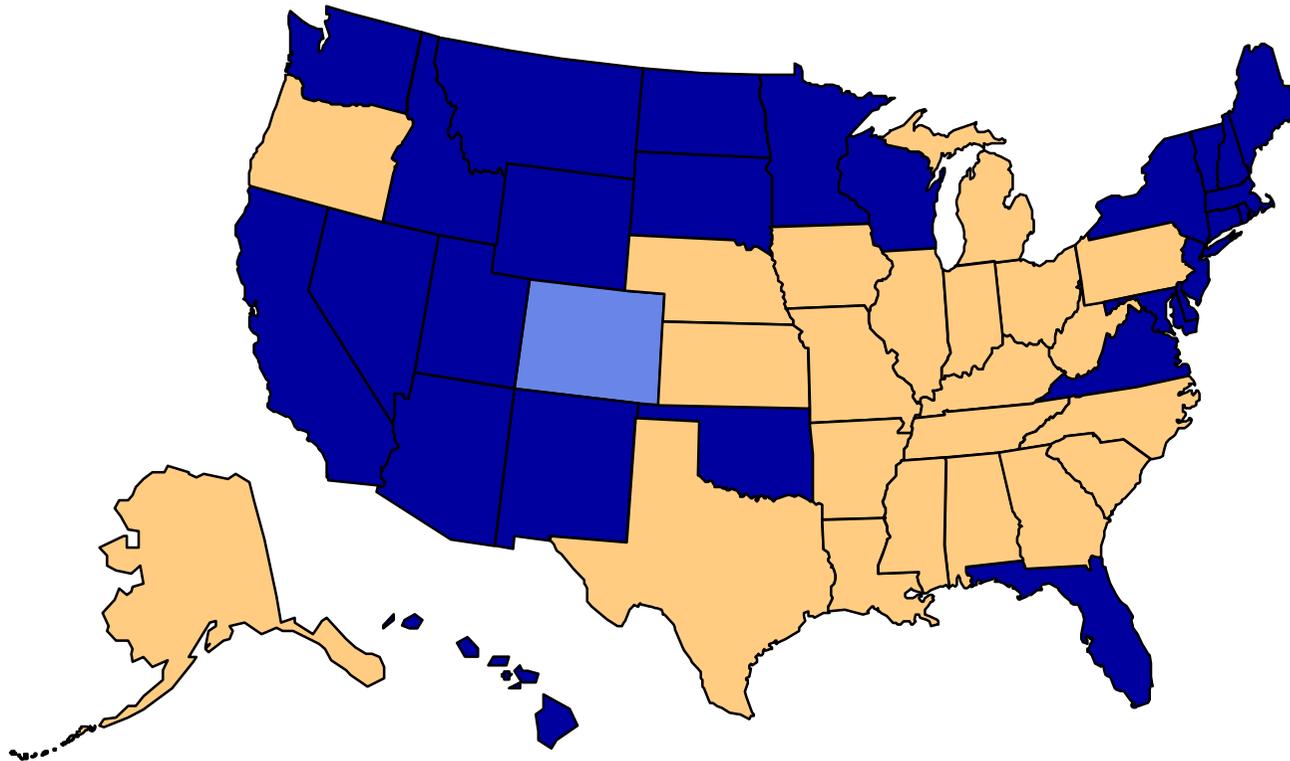




# Obesity Trends\* Among U.S. Adults

BRFSS, 2000

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)

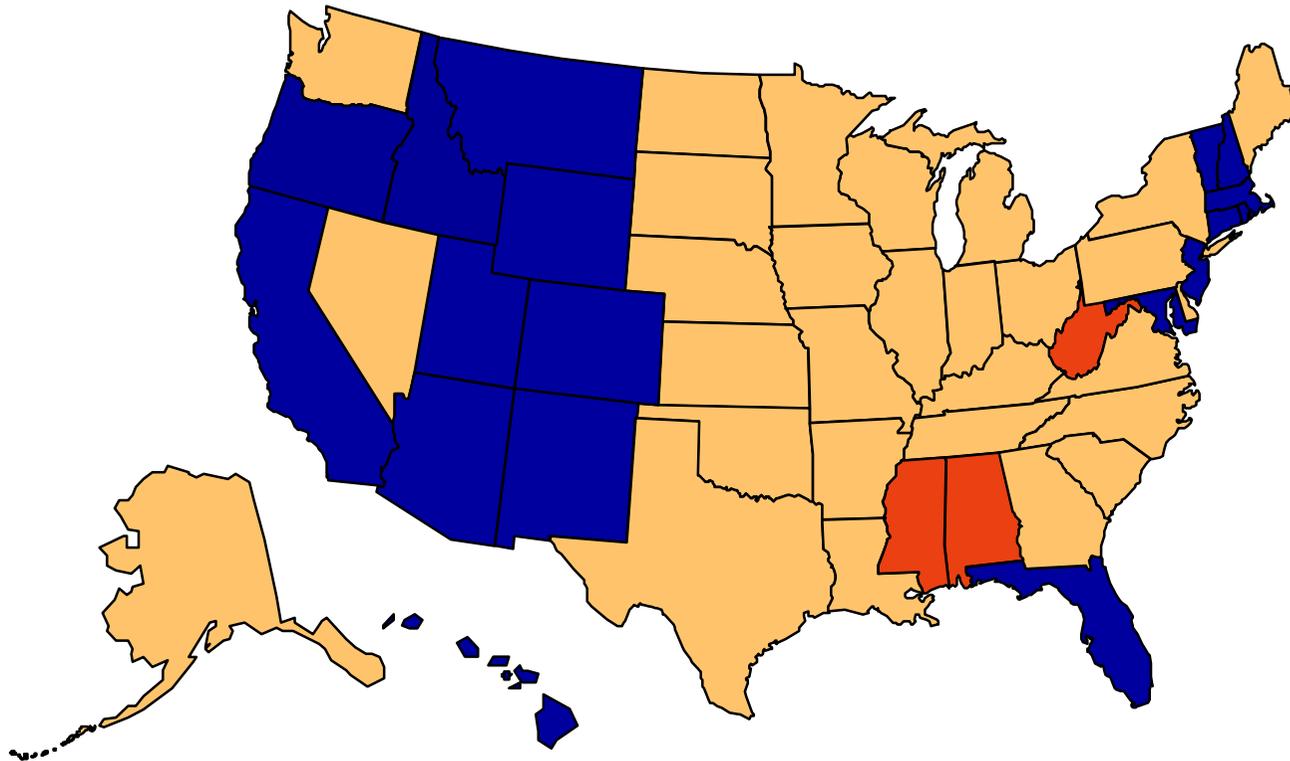




# Obesity Trends\* Among U.S. Adults

## BRFSS, 2002

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)



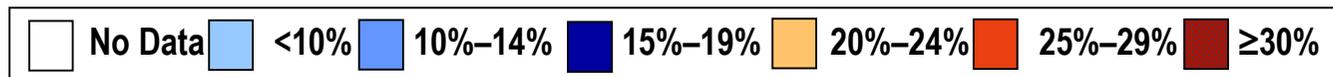
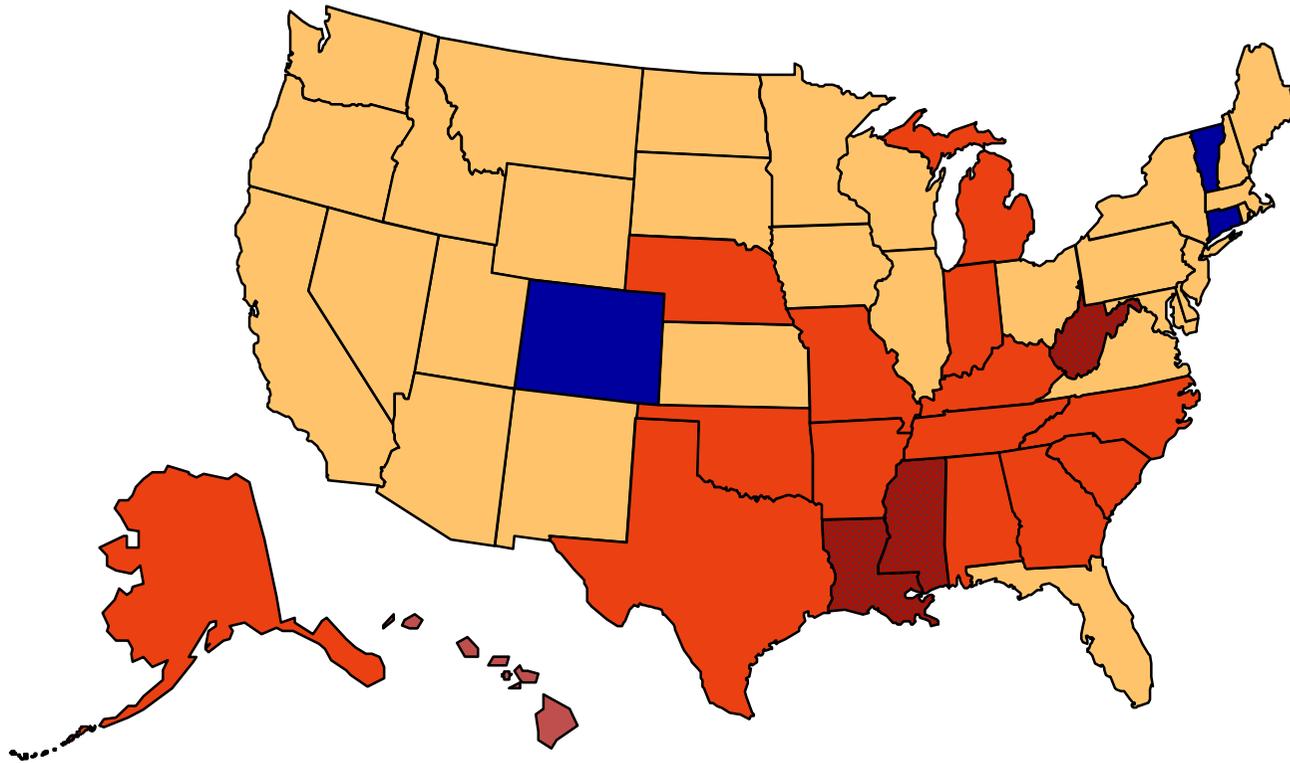




# Obesity Trends\* Among U.S. Adults

BRFSS, 2005

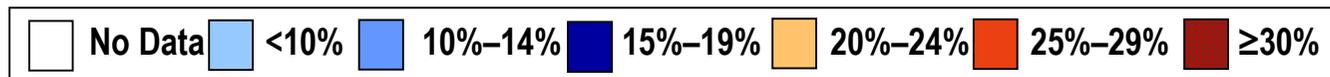
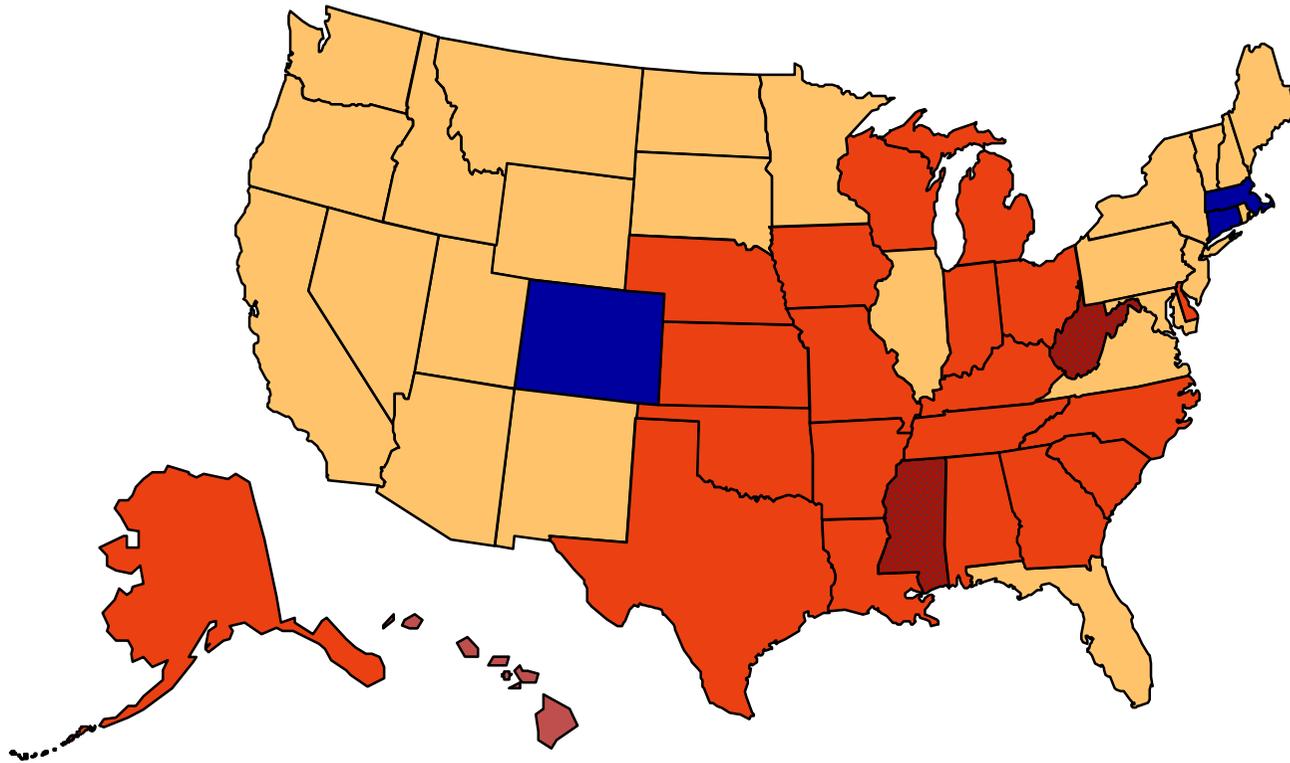
(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)



# Obesity Trends\* Among U.S. Adults

BRFSS, 2006

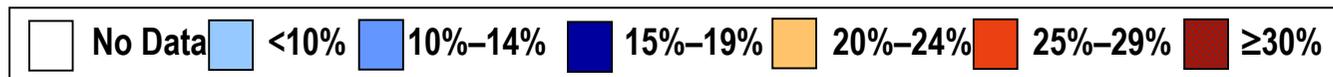
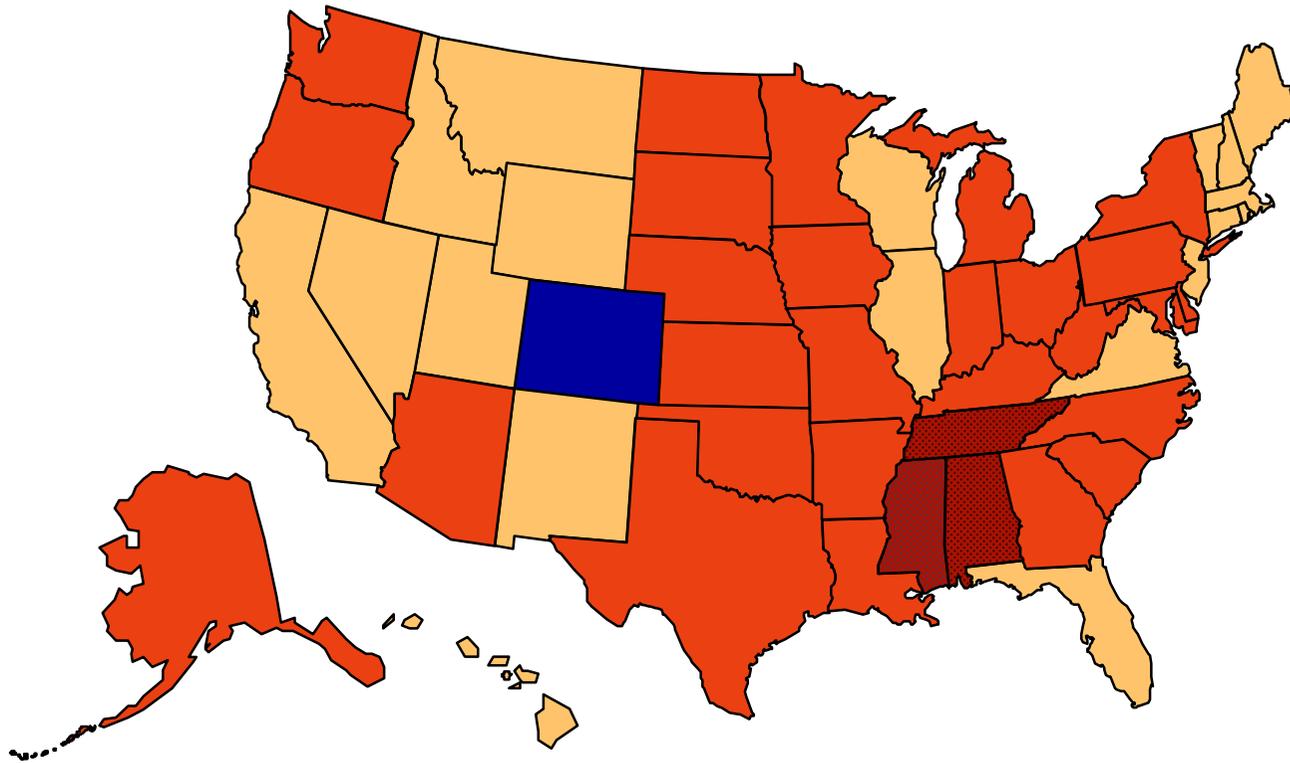
(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)



# Obesity Trends\* Among U.S. Adults

BRFSS, 2007

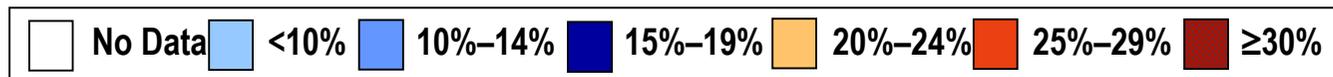
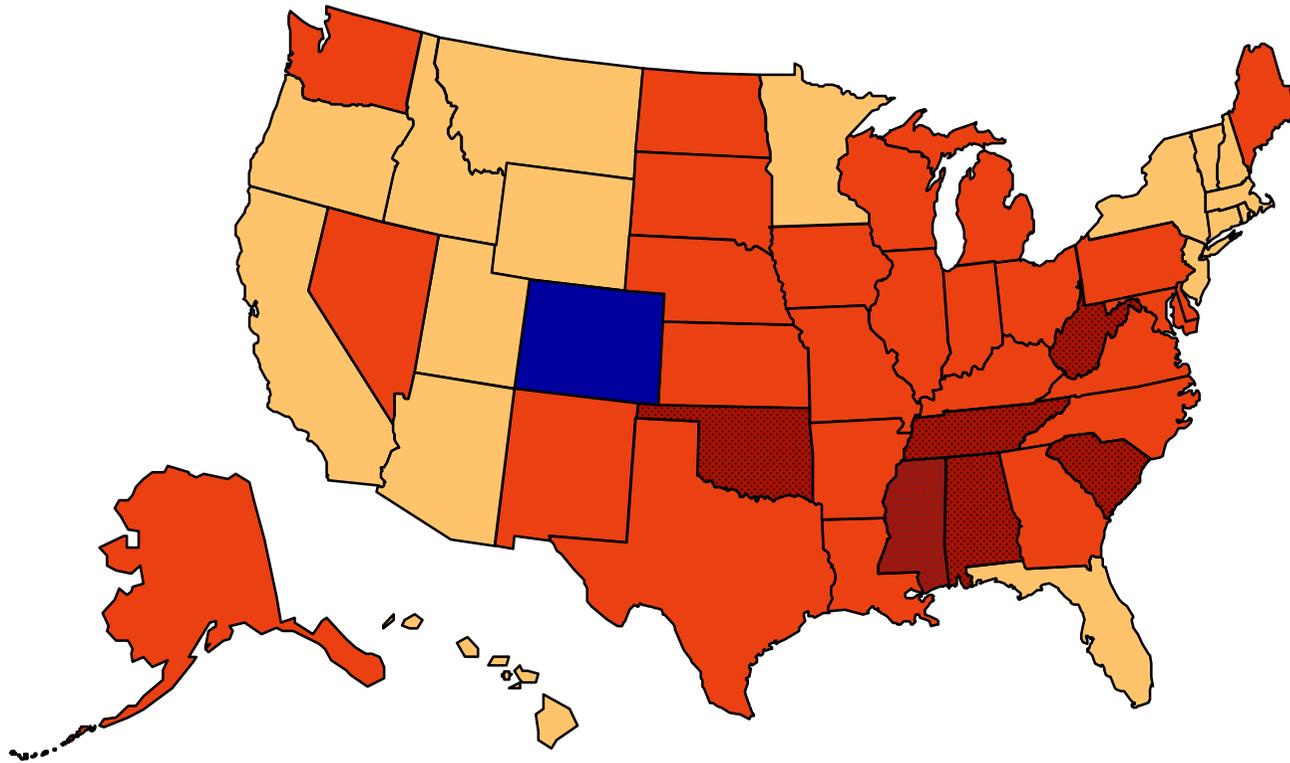
(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)



# Obesity Trends\* Among U.S. Adults

BRFSS, 2008

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)





# And the evidence continues...

- 1. Gordon-Larsen P, Adair L, Popkin BM. The relationship between ethnicity, socioeconomic factors, and overweight: the National Longitudinal Study of Adolescent Health. *Obes Res.* 2003;11:121–129
- 2. Mokdad AH, Ford ES, Bowman BA, et al. Prevalence of obesity, diabetes, and obesity-related health risk factors, 2001. *JAMA.* 2003;289:76–79
- 3. Yen IH, Kaplan GA. Poverty area residence and changes in physical activity level: evidence from the Alameda County Study. *Am J Public Health.* 1998;88:1709–1712
- 4. Diez Roux AV, Merkin SS, Arnett D, et al. Neighborhood of residence and incidence of coronary heart disease. *N Engl J Med.* 2001;345:99–106

# Obesity Trends Among U.S. Adults between 1985 and 2009

## *Source of the data:*

- The data shown in these maps were collected through CDC's Behavioral Risk Factor Surveillance System (BRFSS). Each year, state health departments use standard procedures to collect data through a series of telephone interviews with U.S. adults.
- Prevalence estimates generated for the maps may vary slightly from those generated for the states by BRFSS (<http://aps.nccd.cdc.gov/brfss>) as slightly different analytic methods are used.



# Citations



- BRFSS, Behavioral Risk Factor Surveillance System  
<http://www.cdc.gov/brfss/>
- Mokdad AH, et al. The spread of the obesity epidemic in the United States, 1991—1998 *JAMA* 1999; 282:16:1519–22.
- Mokdad AH, et al. The continuing epidemics of obesity and diabetes in the United States. *JAMA*. 2001; 286:10:1519–22.
- Mokdad AH, et al. Prevalence of obesity, diabetes, and obesity-related health risk factors, 2001. *JAMA* 2003; 289:1: 76–9
- Vital Signs: State-Specific Obesity Prevalence Among Adults —United States, 2009 *MMWR* 2010;59(30).



Nearly 3 out of 10 El Paso children overweight (Center for Disease Control)

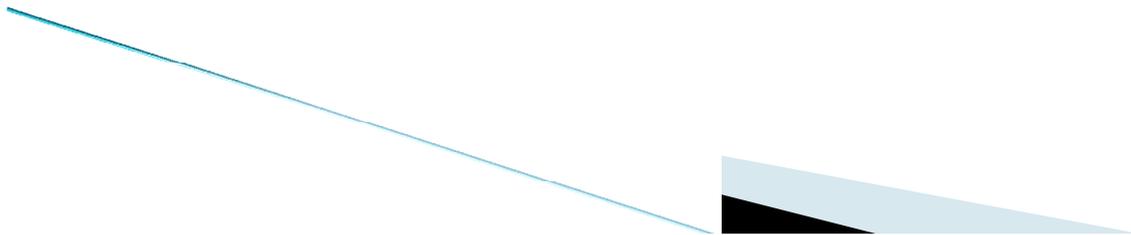
# Health Eating and Active Living (HEAL)

Summary of the Resolution  
January 6, 2011



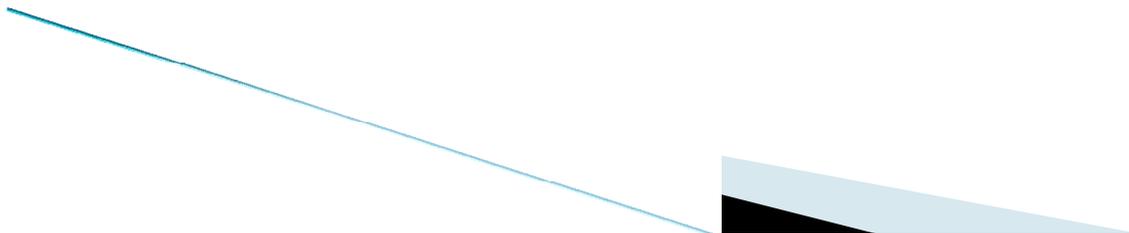
# Introduction

- ▶ Makes obesity prevention a priority
- ▶ Empowers all city staff to recommend policies for improved healthy eating and active living



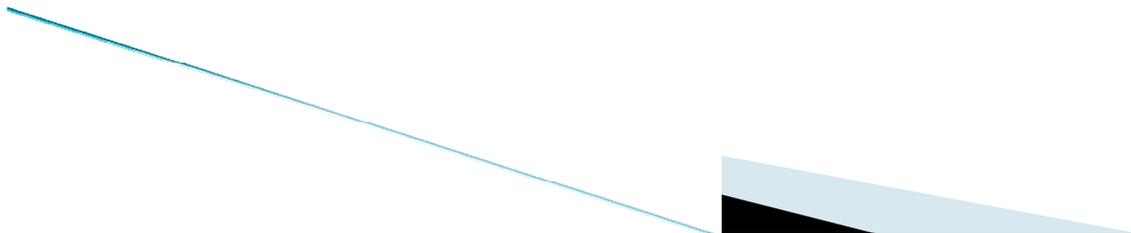
# Built Environment

- ▶ Review codes/plans and propose action for a healthier city
- ▶ A Health Impact Assessment for large developments
- ▶ Review and revise policies to promote use of parks and recreation facilities



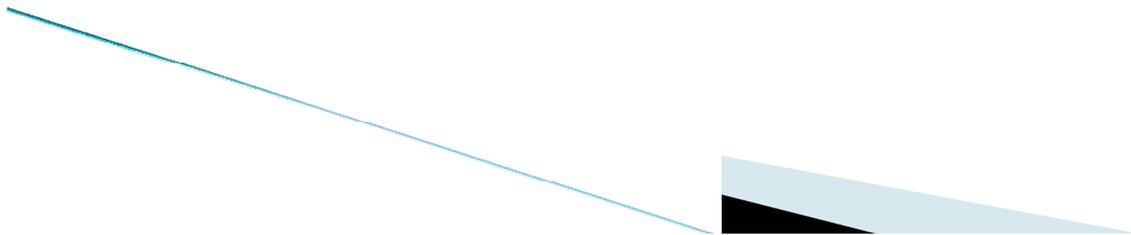
# Access to Healthy Food

- ▶ Promote breastfeeding, community gardening, farmers' markets, transportation, etc.
- ▶ Propose recommendations to promote consumption of nutritious foods
- ▶ Revise city contracts to promote access to healthy food



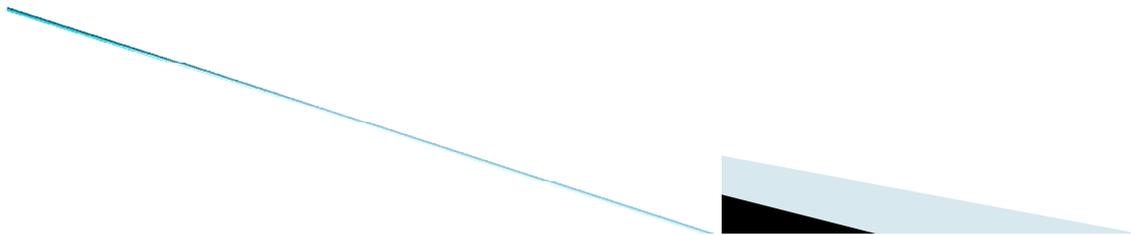
# Employee Wellness

- ▶ Propose enhancements to the city's employee wellness program
- ▶ Report to city council the estimated costs and savings for the enhancements



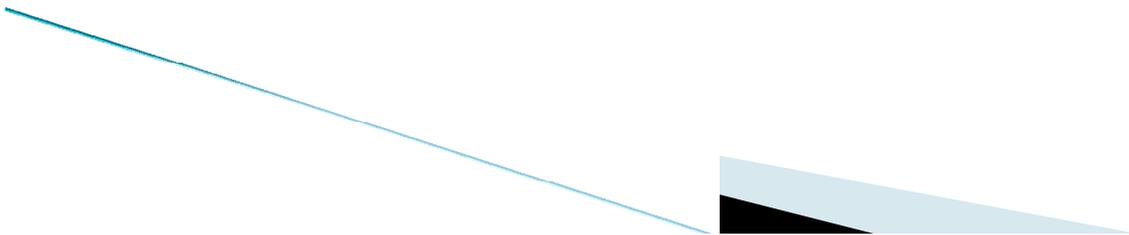
# HEAL Coalition

- ▶ Encourage departmental representation on the Healthy Eating and Active Living (HEAL) Coalition
- ▶ Report potentially beneficial policy recommendations



# Implementation

- ▶ 5 years
- ▶ Report progress annually
- ▶ Recommend policies to City Council



# Questions

Mike Hill

Department of Public Health

