



DATE: July 2, 2008

TO: Honorable Mayor and City Councilmembers

FROM: City Manager's Office

SUBJECT: **ADOPTION OF A RESOLUTION SUPPORTING PHYSICAL FITNESS AND PHYSICAL EDUCATION FOR ALL OCEANSIDE YOUTH**

SYNOPSIS

Staff recommends that the City Council adopt a resolution to support physical fitness and physical education for all Oceanside youth.

BACKGROUND

At the Council's May 21, 2008, meeting, the Gibraltar Foundation provided a presentation under Councilmember Feller's item to the entire City Council regarding the need for enhanced physical activity of all youth in the community as well as an update on National Physical Fitness and Sports Month.

ANALYSIS

At the Council's meeting of May 21, 2008, the Gibraltar Foundation as well as representatives from the San Diego Council on Physical Fitness and Sports provided a presentation regarding the needs to encourage physical activity for all youth due to the increasing prevalence of obesity in the United States. As part of the presentation, the Council was advised that the percentage of young people who are overweight has more than tripled since 1990, and among children and teens aged 6-19 years, 16 percent (over 9 million young people) are overweight. Additionally, about 10 percent of children aged 2-5 are considered overweight. Four in ten Latinos and African-American youths aged 6-19 are overweight or at risk of being overweight. Approximately 60 percent of obese children aged 5-10 have at least one cardiovascular disease risk factor such as elevated total cholesterol, triglycerides, insulin or blood pressure, and 25 percent have two or more risk factors. Children and adolescents who are overweight by age 8 are 80 percent more likely to become overweight or obese adults. Consequently, the Gibraltar Foundation and the San Diego Council on Physical Fitness and Sports is encouraging school districts and cities to support physical education for all youth.

FISCAL IMPACT

Does not apply.

COMMISSION OR COMMITTEE REPORT

Does not apply.

CITY ATTORNEY'S ANALYSIS

The referenced documents have been reviewed by the City Attorney and approved as to form.

RECOMMENDATION

Staff recommends that the City Council adopt a resolution to support physical fitness and physical education for all Oceanside youth.

PREPARED BY:



Michelle Skaggs Lawrence
Deputy City Manager

SUBMITTED BY:



Peter A. Weiss
City Manager

Attachment: Resolution

1 RESOLUTION NO.

2 A RESOLUTION OF THE CITY COUNCIL OF THE CITY OF
3 OCEANSIDE SUPPORTING PHYSICAL FITNESS AND
4 EDUCATION FOR ALL OCEANSIDE YOUTH

5 WHEREAS, the City Council of the City of Oceanside understands that physical
6 inactivity is a major health risk factor in this country today;

7 WHEREAS, the City Council recognizes that the percentage of overweight young
8 people has more than tripled since 1980;

9 WHEREAS, nationally, one out of four children does not attend any school physical
10 education classes and only one of three participates in physical activity every day;

11 WHEREAS, the nation's leadership recognizes that physical inactivity is a serious,
12 nationwide health problem;

13 WHEREAS, the City Council is committed to the belief that physical activity is
14 necessary to support normal growth in children, and is essential to the continuing health and
15 well-being of youth and adults;

16 WHEREAS, the City Council believes that physical activity reduces the risks of heart
17 disease, high blood pressure, diabetes, chronic low-back pain, osteoporosis, and certain types of
18 cancers;

19 WHEREAS, the City Council believes that the 60 million school-aged children and
20 youth across this great country have the potential to acquire the knowledge, skills, and values
21 that can lead to a lifetime of physical activity and healthy living; and

22 WHEREAS, the City Council believes that application of said knowledge, skills and
23 values prepares youth for the workforce, life's daily and leisure activities, and future overall
24 health.

25 NOW, THEREFORE, the City Council of the City of Oceanside does resolve as follows:

26 SECTION 1. To support the work of school districts to provide quality physical
27 education for all students.

28 SECTION 2. To support the work of the We Rock 4 Kids/Gibraltar Foundation to help

1 kids be fit for life.

2 SECTION 3. To support the combined joint efforts of all of Oceanside's school districts,
3 our Parks & Recreation Division, the We Rock 4 Kids/Gibraltar Foundation, and other
4 community-based groups in keeping our citizens fit for life.

5 SECTION 4. To encourage all Oceanside residents to be physically active and to make
6 healthy nutritional choices a part of their daily routine.

7 PASSED AND ADOPTED by the City Council of the City of Oceanside, California,
8 this _____ day of _____, 2008, by the following vote:

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10 AYES:

11 NAYS:

12 ABSENT:

13 ABSTAIN:

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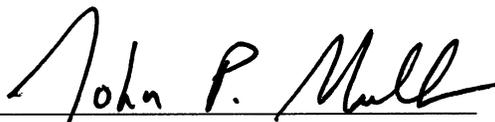
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MAYOR OF THE CITY OF OCEANSIDE

ATTEST:

APPROVED AS TO FORM:

City Clerk



City Attorney

A RESOLUTION OF THE CITY COUNCIL OF THE CITY OF OCEANSIDE SUPPORTING PHYSICAL FITNESS AND
EDUCATION FOR ALL OCEANSIDE YOUTH