



# CITY OF HOUSTON

## Executive Order

Subject: **Healthy Houston Initiative**

E.O. No.

**1-8**

Effective Date:

**September 17, 2012**

### 1. AUTHORITY

1.1 Article VI, Section 7a, of the City Charter of the City of Houston.

### 2. PURPOSE

2.1 Obesity has emerged as a significant health threat in the City and is directly associated with increased costs and lower productivity for individuals and companies. This Executive Order shall establish a manner in which to address these concerns and raise awareness in the community. In furtherance of this effort, it is found that:

2.1.1 Factors contributing to obesity include increased calorie intake, lack of access to fresh and local, healthy and nutritious foods, hunger, inadequate physical activity and exercise, lack of breast feeding of infants, and mental health issues;

2.1.2 Increasing access to affordable fresh and local, healthy and nutritious foods, enabling opportunities for infant breastfeeding, and providing venues for physical activity and exercise are avenues to reducing obesity;

2.1.3 Cultural, policy, and environmental changes are needed to address these issues, along with individual efforts; and

2.1.4 Strategic changes are needed to improve access to fresh and local foods (e.g., transportation, incentives for retailers), provide places for infant breastfeeding, promote walking destinations in communities (e.g., sidewalks, parks, community centers), and provide safe neighborhoods for outdoor activities in order to effect changes in individual behavior, as well as corporate cultures and community practices.

### 3. OBJECTIVES

3.1 To foster within local government a culture that promotes laws, programs, policies and actions that increase healthier living.

3.2 To establish a task force dedicated to identifying concrete actions that bring this Executive Order's purpose to fruition.

3.3 To promote programs, policies, and actions designed to increase:

3.3.1 Access to affordable fresh and local, healthy and nutritious foods;

Approved:

Date Approved:

09/17/2012

Page 1 of 3

- 3.3.2 Awareness regarding the benefits of fresh fruits and vegetables, locally grown foods, sustainably produced foods, infant breastfeeding, the provision of healthy meals in our schools, physical activity, and maintaining a healthy weight; and
- 3.3.3 Opportunities for physical activity and exercise for all ages.

#### 4. SCOPE

- 4.1 This Executive Order shall govern the efforts made by the City to increase health and reduce obesity.

#### 5. POLICY

##### 5.1 The City shall:

- 5.1.1 Encourage urban agriculture in community, school, backyard, and rooftop gardens, and where feasible, on City property;
- 5.1.2 Improve access to healthy, affordable, and locally produced food, for all citizens;
- 5.1.3 Support education regarding the physical and mental health risks of obesity and the benefits of sustainable agriculture, using locally produced food, consuming fresh fruits and vegetables, infant breastfeeding, providing healthy meals in our schools, promoting physical activity and exercise, and maintaining a healthy weight; and
- 5.1.4 Encourage programs that increase physical activity and exercise in schools, at work, and in communities, including those that provide safe playgrounds and parks, pedestrian-friendly walkways, bicycle paths, and other recreational opportunities.

##### 5.2 The Healthy Houston Task Force (Task Force) is hereby established and shall work with all City of Houston departments, multi-sector agencies, and key stakeholder organizations to:

- 5.2.1 Develop a clear plan with measurable progress goals that lead toward reducing obesity among the City's municipal and classified employees
- 5.2.2 Establish and maintain an inventory of major initiatives in Houston addressing the problem of obesity; and
- 5.2.3 Identify and recommend to the Mayor concrete actions that could be taken to reduce obesity.

##### 5.3 The Task Force shall report annually to the Mayor on progress toward reducing obesity within the City of Houston. The functions of the Task Force are advisory only.

#### 6. TASK FORCE LOGISTICS:

- 6.1 The Task Force shall be composed of not more than 20 members and shall include the following members or their designees:
  - 6.1.1 The Director of Health and Human Services;
  - 6.1.2 The Director of Parks and Recreation;

- 6.1.3 The Director of Planning;
  - 6.1.4 The Director of Human Resources
  - 6.1.5 The Director of the Office of Sustainability;
  - 6.1.6 Other Heads of Departments as deemed necessary by the Chair;
  - 6.1.7 A member of the Mayor's Advisory Council on Health and Environment;
  - 6.1.8 The President of the Metropolitan Transit Authority of Harris County;
  - 6.1.9 Community leaders focused on obesity from a variety of stakeholder groups;
  - 6.1.10 Education and public health experts;
  - 6.1.11 Individuals representing the restaurant and retail grocery supply industry; and
  - 6.1.12 Other stakeholders that bring unique resources or solutions.
- 6.2 The Task Force Chairperson shall be appointed by the Mayor.
- 6.3 All officio and ex officio members shall be recommended by the Chairperson and appointed by the Mayor.
- 6.4 Members shall serve a term of one year and may be reappointed for up to two additional terms.
- 6.5 Members may select a designee to act in his/her stead on the Task Force. This designee must be qualified and empowered to effect change in accordance with Task Force initiatives.
- 6.6 The Task Force shall establish an email address where suggestions may be made by the community.