



City of Woodland

REPORT TO MAYOR AND CITY COUNCIL

AGENDA ITEM

TO: THE HONORABLE MAYOR
AND CITY COUNCIL

DATE: September 2, 2008

SUBJECT: Proclamation – Latino Health Awareness Month

Report in Brief

The Network for a Healthy California, Gold County Region has requested Council consideration of support for the Latino Health Awareness Month via a Proclamation. This Network has identified the needs for Latinos to consider their health issues and address them in order to prevent illness.

Staff recommends that the City Council adopt a Proclamation recognizing September 2008 as Latino Health Awareness Month in the City.

Background

California is the largest agricultural production State in the nation and produces over 50% of all major vegetable crops and 40% of the major fruit crops. The primary workers are of Latin American descent and have access to these fresh products. However, these individuals have a risk of health issues statistics indicate they are not eating as many of these crops as is desired and recommended. To bring this need to the attention of the Agencies and citizens, either local or foreign-born, the Network is recommending and requesting adoption of a Proclamation urging a more healthy diet.

Recommendation for Action

Staff recommends that the City Council adopt a Proclamation recognizing September 2008 as Latino Health Awareness Month in the City.

Prepared by: Sue Vannucci, Director of
Administrative Services and City Clerk

Mark G. Deven
City Manager

Attachment: Proclamation

City of Woodland

PROCLAMATION

LATINO HEALTH AWARENESS MONTH - SEPTEMBER 2008

WHEREAS, the *Network for a Healthy California—Latino Campaign Gold Country Region* empowers Latino adults and their families to eat the recommended amounts of fruits and vegetables and enjoy physical activity every day. The campaign encourages Latino adults in the *Gold Country Region* to become Champions for Change by taking the steps necessary to promote healthy changes in the lives of their families and communities; and,

WHEREAS, California produces more than 50 percent of all major U.S. vegetable crops and 40 percent of all major U.S. fruit crops. Importantly, more than 80 percent of all agricultural workers in the United States are foreign-born, and, of those, 95 percent are Mexican-born; with many of the remaining fieldworkers being children of Mexican parents; and,

WHEREAS, In a statewide study of California agricultural workers, 18 percent of the men had at least two of three risk factors for chronic disease: high cholesterol, high blood pressure or obesity. Additionally, 81 percent of the men and 76 percent of the women were overweight; and,

WHEREAS, California Latino adults, on average, consume slightly more than four servings of fruits and vegetables per day, with one-third of Latinos eating two or fewer daily servings of fruits and vegetables; and,

WHEREAS, In the *Gold Country Region*, Yolo County has 29.7 percent of Latino adults ages 18-52 who are overweight and 22.8 percent are obese. Additionally, only 48.5 percent of Campaign participants eat the recommended amount of fruits and vegetables according to informal event surveys. Statewide, less than half of Latino adults engage in 30+ minutes of moderate-intensity physical activity five or more days per week or vigorous physical activity for 20+ minutes three or more days per week; and,

WHEREAS, Eating fruits and vegetables and doing physical activity every day reduces the risk of serious problems, including type 2 diabetes, heart disease, hypertension, stroke, obesity and certain types of cancer. The *Network for a Healthy California—Latino Campaign Gold Country Region* works with many local partners and organizations to create healthier communities for Latinos in the *Gold Country Region* to help reduce health disparities. The campaign's activities touch the lives of more than [number of Latinos impacted in region] Latinos annually and will continue to reach many more Latino families as the program expands.

NOW, THEREFORE, the City Council of the City of Woodland recognize of the importance of proper nutrition and physical activity as preventive health measures for Latinos in California, and proclaims the month of September 2008 as "Latino Health Awareness Month;" and be it further, urges all citizens to recognize the critical role the *Network for a Healthy California—Latino Campaign Gold Country Region* plays in empowering Latino adults and their families to eat the recommended amounts of fruits and vegetables and enjoy physical activity every day, to improve overall health and reduce the risk of chronic diseases.

Dated this 2nd day of September 2008.

Marlin H. Davies, Mayor

Artemio Pimentel, Vice-Mayor

Martie L. Dote, Council Member

William Marble, Council Member

Jeff W. Monroe, Council Member