

RESOLUTION NO. 15-13/14

DECLARING THE MIRACOSTA COMMUNITY COLLEGE DISTRICT
A LIVE WELL SAN DIEGO COMMUNITY COLLEGE DISTRICT

On motion of Member Page, seconded by Member McNeil, the following resolution is adopted:

WHEREAS, the health and well-being of citizens is of primary concern for the County of San Diego, and on July 13, 2010, the San Diego County Board of Supervisors adopted the Live Well San Diego initiative, a ten-year plan serving as the blueprint for achieving the county's vision of healthy, safe, and thriving communities; and

WHEREAS, the concept of 3-4-50 is the centerpiece for Live Well San Diego, which shows that three behaviors – poor nutrition, lack of exercise, and tobacco use – contribute to four diseases: (1) cancer, (2) heart disease and stroke, (3) type 2 diabetes, and (4) respiratory conditions, which account for more than fifty percent of deaths in San Diego County; and

WHEREAS, Live Well San Diego is the common thread between the work of public and private entities, faith-based organizations, agencies, cities, businesses, community members, and other stakeholders toward a shared vision of healthier, safe, and more self-sufficient communities; and

WHEREAS, MiraCosta Community College District (MCCCD) is committed to supporting the health and wellness of its student body, as evidenced by the commitment to promote positive choices through the offerings of physical activity courses and an extensive intramural program that includes soccer, flag football, basketball, hiking, kayaking, dodge ball, table tennis, sand volleyball, running, and more; and

WHEREAS, MCCCD is committed to providing its employees, students, student workers and volunteers with a drug-free, alcohol-free, and tobacco-free workplace and campus environment and emphasizes prevention and intervention through education; and

WHEREAS, MCCCD has instituted a Wellness Program that is designed to educate and engage employees to make healthier lifestyle choices and to encourage employees to take a proactive approach to their health and to increase health awareness through efforts that include an annual Employee Health Expo and wellness workshops; and

WHEREAS, the MCCCD is at the forefront of preparing its students to work with and care for the growing aging population through a revised Gerontology Studies Program that many say is as extensive as any at the community-college level and emphasizes the practical and theoretical, covering age-related physical, cognitive, emotional, and social development and changes during older adulthood; and

WHEREAS, MCCCD actively supports a Student Health Services program at both the Oceanside and San Elijo campuses that assists students with their physical, mental, and emotional needs so that they may achieve and maintain total health and accomplish academic and vocational success; and

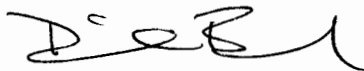
WHEREAS, MCCCCD wholeheartedly supports the Live Well San Diego initiative and is committed to working with the County of San Diego and its partners in supporting healthy, safe, and thriving learning communities.

NOW, THEREFORE, BE IT RESOLVED that the Board of Trustees of MiraCosta Community College District declares the MiraCosta Community College District is a Live Well San Diego community college district. The superintendent/president is hereby authorized to execute documents and perform all acts necessary to carry out the intention of this resolution. This resolution will take effect immediately.

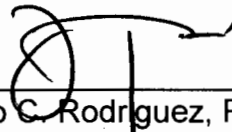
AYES: *Broad, Fischer, McNeil, Ruud, Shannon, Simon, Page*
NOES: *Ø*
ABSTAIN: *Ø*
ABSENT: *Ø*

I hereby certify that the foregoing is a full, true and correct copy of a resolution duly passed and adopted by the Board of Trustees of MiraCosta Community College District at a meeting held on the 16th day of April 2014.

Attest:



David Broad
President, Board of Trustees



Francisco C. Rodriguez, Ph.D.
Secretary, Board of Trustees