

# QUALITY OF LIFE COUNCIL COMMITTEE MEETING MINUTES

TUESDAY, MAY 20, 2014

10:00 A.M.

MEDIA BRIEFING ROOM, CITY HALL

**Members Present:** Councilmember Diego Bernal, *District 1*  
Councilmember Shirley Gonzales, *District 5*  
Councilmember Joe Krier, *District 9*

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**Members Absent:** Councilmember Ivy R. Taylor, *Chair, District 2*

**Staff Present:** Peter Zaroni, *Deputy City Manager*; Gloria Hurtado, *Assistant City Manager*; John Dugan, *Director, Planning and Community Development*; Thomas Schlenker, *Director, Metro Health*; Xavier Urrutia; *Director, Parks and Recreation Department*; Michael Taylor, *Interim Assistant Director, Planning and Community Development*; Denice Trevino, *Office of the City Clerk*

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**Also Present:** Annette Zaharoff, *Chair, Active Living Council of San Antonio*

## Call to order

Councilmember Bernal called the meeting to order.

### 1. Citizens to be Heard

There were no items addressed by citizens.

### 2. Approval of Minutes of the April 15, 2014 Quality of Life Council Committee Meeting

Councilmember Krier moved to approve the Minutes of the April 15, 2014 Quality of Life Council Committee Meeting. Councilmember Gonzales seconded the motion. Motion carried unanimously by those present.

### 3. Briefing by the San Antonio Mayor's Fitness Council on the Active Living Plan for a Healthier San Antonio. [Gloria Hurtado, Assistant City Manager; Dr. Thomas Schlenker, Director of Public Health]

Dr. Annette Zaharoff stated that the Active Living Plan (Plan) for a Healthier San Antonio could be utilized as a resource in the development of the City's Comprehensive Master Plan. She mentioned that currently 90% of people drive to work, less than 5% use a Trolley or Bus, and less than 3% walk or use a bike. She added that as a result of inactivity over time children now have a shorter Life Span than their parents, and 75% of children were less active at age 15 than at age 9. She noted that Physical Inactivity could bankrupt Economics, whereas Physical activity

was a competitive advantage. She stated that in order to make Physical activity the easy choice for the citizens of San Antonio a unified Plan and Vision was required and should include Accessible Programs and a Built Environment that sustained Physical activity. She stated that Active Living was a way of life that integrated Physical activity into a person's daily routine, such as walking to the Grocery Store, riding a bicycle to work, or walking to school. She mentioned that the Plan shared the vision of the National Physical activity Plan. She reported that the Active Living Plan for a Healthier San Antonio was a set of policies and strategies to increase Physical activity in all segments of the population and make the healthy choice the easy choice for residents. She stated that the Plan's recommendations were organized into eight major categories or Societal Sectors:

1. Transportation, Land Use, and Community Design
2. Parks, Recreation, Fitness and Sports
3. Business and Industry
4. Education, Afterschool, and Early Childhood
5. Health Care
6. Mass Media
7. Public Health
8. Volunteer and Non-Profit

She stated that the Plan was Evidence-Based and would engage the community to include public and private collaboration. She noted that the Plan was a set of policies and strategies to increase physical activity in all segments of the population. She stated that it would be important to incorporate or to utilize as a resource the Transportation, Land Use, and Community Design and the Parks, Recreation, Fitness and Sports strategies. She noted the strategies for the transportation, land use, and community design;

- Community Design to prioritize resources to increase physical activity and active transportation and other physical activity
- Design for "people first"
- Increase connectivity and accessibility to community destinations
- Increase active transportation and physical activity

She noted the strategies for Parks, Recreation, Fitness and Sports:

- Support funding and resources for programs and facilities in areas with limited access to physical activity opportunities; infrastructure and operating funds for programs
- Promote public and private programs and facilities where people work, learn, live, play, and worship to provide easy access to safe and affordable physical activity opportunities

She stated that the City's Vision would incorporate health considerations, land use changes and Capital Improvement Programs, and rate, timing, and location of future growth. She noted the considerations for the Active Living Plan for a Healthier San Antonio: 1) Aligned with the activity goals and vision of the nation and SA2020 community vision; 2) Community engagement, collaborative effort; 3) Adopted by Mayor's Fitness Council (MFC), Metro Health

Department; 4) Evidence-Based; and 5) Transform San Antonio into a vibrant and healthy community through active living.

Councilmember Gonzales asked how individual City Council District plans could be incorporated into the Master Plan. Dr. Zaharoff replied that development of the City's Master Plan presented an opportunity to incorporate plans supported by the citizens, the political arena, and society.

Councilmember Krier suggested that bathroom facilities be provided in addition to the stated infrastructure in the Plan.

Councilmember Bernal stated that he submitted a Council Consideration Request (CCR) during the last Budget Session for funding for Sidewalks to Schools. He reported that \$4.5 million was allocated for Sidewalks to Schools in Fiscal Year 2014. He noted that said funds would be utilized to create Right-of-Ways for students near schools, with Elementary Schools being the first priority. He urged Committee Members to re-fund this project for Fiscal Year 2015. He asked how staff would ensure the Plan's alignment with the Master and Transportation Plans.

John Dugan replied that the primary purpose of the Master Plan was to provide coordination between agencies and the Public and Private Sectors to ensure the implementation of City Council Policy. He mentioned that Policies could be adopted to incorporate the Active Living Component in new Housing Development and in circumstances where said component could be incorporated.

Councilmember Bernal asked of the City's role to increase consumption of healthy foods and nutrition. Dr. Zaharoff stated that food and nutrition were a large component of most comprehensive plans.

Councilmember Krier mentioned that citizens have asked for more parks.

No action was required for Item 2.

**4. Briefing and Possible Action on the Relationship Between Obesity and Daily Soda Consumption plus Metro Health recommendations to Most Effectively Continue Positive Trends. [Gloria Hurtado, Assistant City Manager; Dr. Thomas Schlenker, Director of Public Health]**

Dr. Thomas Schlenker noted that over the past two years the Obesity Rate in San Antonio decreased from 35% to 28.5%. He stated that Obesity underlies, as a risk factor, Heart Disease, Stroke, and Diabetes. He mentioned that Metro Health received a Grant entitled Communities Putting Prevention to Work (CPPW) for \$15.6 million from 2010-2012. He reviewed the initiatives funded by said grant. He noted that the grant required that a random Adult survey be performed to measure outcomes of the grant. He discussed the results of characteristics and risk factors of the Obesity population from 2010-2012. He stated that a decline in Obesity was most dramatic in Women and Non-Whites, with little change in the White Population. He reported

that a decline in Obesity was associated with fewer people drinking regular soda daily. He mentioned that regular Soda consumption was defined as one or more Sodas per day. He noted that there was little change in the consumption of non-Soda sugary drinks in the population surveyed. He reported that the percentage of people who did not drink regular Soda daily increased substantially from 29% to 36%. He stated that the decline in Obesity in San Antonio was observed most dramatically in Women of the non-White population. He noted that the decline in Obesity was associated with a parallel decline in daily consumption of regular Soda in these groups. He reviewed the current and possible future Obesity trends among United States Adults. He noted that if the current trends continue in San Antonio, by 2017 drinking regular Soda would no longer be the normal drink of choice. He stated that Metro Health recommended that a three-year strategic campaign aimed at reducing sugary drink consumption, especially daily soda consumption, and promoting water and other healthy beverages be developed. He recommended a measurable objective to reduce the number of adults who drink Soda on a daily basis from 64% to 49% by 2017. He reviewed Phase I and Phase 2 of the proposed campaign.

Councilmember Gonzales expressed concern that emphasis was placed on a single item to reduce Obesity. Dr. Schlenker stated that data supported daily consumption of regular Soda as a risk factor for Obesity.

Councilmember Krier stated that he felt that it was up to the individual to make the choice to not consume regular Soda. Dr Schlenker noted that consumption of regular Soda has been identified consistently as a contributing factor of Obesity.

Councilmember Gonzales moved to recommend and forward presentation of this Item to the full City Council for briefing purposes only. Councilmember Krier seconded the motion. The motion carried unanimously by those present.

**5. Briefing on the REnewSA Community Development Initiative to Include Briefing and Possible Action on the Revitalization Plans for the REnewSA Target Areas and the Northeast Corridor. [John Dugan, Director, Planning and Community Development; Peter Zanoni, Deputy City Manager]**

Michael Taylor noted that due to decreased funding from the Federal Government the REnewSA Initiative was developed for coordinating and targeting delivery of community development resources. He noted that REnewSA was a partnership between multiple City Departments and outside Partner Agencies and focuses its resources on smaller geographies within the City that exhibit a balance of need and market potential. He reported that REnewSA committed resources to target areas for a sustained period to increase the likelihood of tipping these areas from marginal to marketable. He noted that a staff-level Coordinating Committee provided oversight of REnewSA and met monthly to provide ongoing policy direction and coordination for REnewSA actions. He reviewed the strategic partnerships of REnewSA

**6. Briefing and Possible Action on the Comprehensive Housing Needs Assessment and Strategic Housing Plan Prepared for the City of San Antonio by the Cloudburst Consulting Group Through a Technical Assistance Grant from HUD. [Peter**

Zanoni, Deputy City Manager; John Dugan, Director, Planning and Community Development]

**Adjourn**

There being no further discussion, the meeting was adjourned at 11:46 a.m.

*Respectfully Submitted,*



*Denice F. Treviño*

*Office of the City Clerk*



*Ivy R. Taylor, Chair*