

**In Recognition of
National Childhood Obesity Awareness Month**

- WHEREAS,** September 2013 is National Childhood Obesity Awareness Month; and
- WHEREAS,** during the past four decades, obesity rates have soared among all age groups, increasing more than fourfold among children ages 6 to 11; and
- WHEREAS,** 31.8 percent or 23 million children and teenagers ages 2 to 19 are obese or overweight, a statistic that health and medical experts consider an epidemic; and
- WHEREAS,** significant disparities exist among the obesity rates of children based on ethnicity and economic status; and
- WHEREAS,** the financial implications of childhood obesity pose a financial threat to our economy and health care system, carrying up to \$14 billion per year in direct health care costs, with people in the United States spending about 9 percent of their total medical costs on obesity-related illnesses; and
- WHEREAS,** obese young people have an 80-percent chance of being obese adults and are more likely than children of normal weight to become overweight or obese adults, and therefore more at risk for associated adult health problems including heart disease, type 2 diabetes, sleep apnea, stroke, several types of cancer, and osteoarthritis; and
- WHEREAS,** due in part to the childhood obesity epidemic, 1 in 3 children (and nearly 1 in 2 minority children) born in the year 2000 will develop type 2 diabetes at some point in their lifetime if current trends continue; and
- WHEREAS,** some consequences of childhood and adolescent obesity are psychosocial and can hinder academic and social functioning and persist into adulthood; and
- WHEREAS,** participating in physical activity is important for children and teens as it can have beneficial effects not only on body weight, but also on blood pressure and bone strength; and
- WHEREAS,** proper nutrition is important for children before birth and through their lifespan as nutrition has beneficial effects for health and body weight, and is important in the prevention of chronic diseases, and
- WHEREAS,** the Children’s Services Council of Broward County, is on the frontlines of galvanizing attention to the public health crisis of childhood obesity.

NOW, THEREFORE, WE, as City Commissioners of the City of Fort Lauderdale, Florida, do hereby proclaim **September 2013** as:

National Childhood Obesity Awareness Month

in the City of Fort Lauderdale.

DATED this, the 3rd day of September 2013.

**John P. “Jack” Seiler
Mayor**

