

COSUMNES COMMUNITY SERVICES DISTRICT

ENDORSING SEPTEMBER AS

NATIONAL CHILDHOOD OBESITY AWARENESS MONTH

WHEREAS, September 2020 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 6-11; and

WHEREAS, 31.8 percent or 23 million children and teenagers ages 2-19 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, 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, public, community-based, and private sector organizations and individuals throughout the United States are working to decrease childhood obesity rates in the United States through a range of efforts including educational presentations, media campaigns, websites, policies, healthier food options, and greater opportunities for physical activity; and

WHEREAS, the Cosumnes Community Services District is extremely proud of our parks and recreational facilities and programs and their contribution to building healthy active lifestyles to recreate, play and build self-esteem, confidence and sense of self-worth, which contributes to the quality of life in our community;

NOW, THEREFORE, Let it be proclaimed that the Cosumnes Community Services District Board of Directors does hereby declare the Month of September as:

NATIONAL CHILDHOOD OBESITY AWARENESS MONTH

And do urge all those in the Cosumnes Community Services District to support and promote this observance.

DONE AND PROCLAIMED this 2nd day of September 2020, in Elk Grove, California.



Orlando Fuentes, President



Jim Lyttrell, Vice President



Rod Brewer, Director



Gil Albiani, Director



Jaclyn Moreno, Director



Joshua Green, General Manager