

COSUMNES COMMUNITY SERVICES DISTRICT PROCLAMATION

ENDORISING SEPTEMBER AS NATIONAL CHILDHOOD OBESITY AWARENESS MONTH

WHEREAS, September 2021 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, 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, if current trend does not change one in three children (and nearly one in two minority children) born in the year 2000 will develop type 2 diabetes at some point in their lifetime; and

WHEREAS, childhood and adolescent obesity may have lasting negative psychosocial effects and academic challenges on individuals that follow them into adulthood; and

WHEREAS, participating in physical activity and having proper nutrition have beneficial effects not only on body weight, but also on blood pressure and bone strength, preventing chronic diseases; and

WHEREAS, many efforts are being made by public, community-based, and private sector organizations and individuals to decrease childhood obesity in the United States by publishing educational materials, media campaigns, websites, policies, healthier food options offerings, and greater opportunities for physical activity; and

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

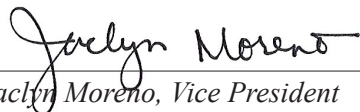
NOW, THEREFORE, be it proclaimed that the Cosumnes Community Services District Board of Directors does hereby declare the Month of September as:

CHILDHOOD OBESITY AWARENESS MONTH

DONE AND PROCLAIMED this 1st day of September 2021, in Elk Grove, California.



Jim Luttrell, President



Jaclyn Moreno, Vice President



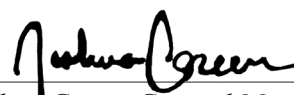
Rod Brewer, Director



Gil Albiani, Director



Orlando Fuentes, Director



Joshua Green, General Manager

ATTEST: