

DESIGNATING SEPTEMBER AS NATIONAL CHILDHOOD OBESITY AWARENESS MONTH

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 23,000,000 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 race and poverty; and

WHEREAS, the financial implications of childhood obesity pose a tremendous financial threat to our economy and health care system, carrying up to \$14,000,000,000 per year in direct health care cost, 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, in part due 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 obese children and adolescents are targets of early and systematic social discrimination, leading to low self-esteem which, in turn, can hinder academic and social functioning and persist into adulthood; and

WHEREAS, participating in physical activity is important for children and teens as it may 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 life-span as nutrition has beneficial effects for health and body weight, and is key in the prevention of various chronic diseases; and

WHEREAS, childhood obesity is preventable yet does not appear to be declining; and

WHEREAS, public, community-based, and private sector organizations and individuals throughout the United States, including First Lady Michelle Obama, are working to decrease childhood obesity rates for people in the United States of all races through a range of efforts, including educational presentations, media campaigns, websites, policies, healthier food options, and greater opportunities for physical activity; and

WHEREAS, Mayors across this nation have championed cause of childhood obesity prevention by raising awareness and implementing local programs and policies to address the issue of childhood obesity; and

NOW, THEREFORE, BE IT RESOLVED, that the United States Conference of Mayors - supports the designation of National Childhood Obesity Awareness Month to raise public awareness and mobilize the country to address childhood obesity; recognizes the importance of preventing childhood obesity and decreasing its prevalence in the United States; and

BE IT FURTHER RESOLVED, that the United States Conference of Mayors calls on Congress and the Administration to designate September 2010 and every September henceforth, National Childhood Obesity Awareness Month.