

**RESOLUTION**

**225(20)**

August 12, 2020

WHEREAS, National Childhood Obesity Awareness Month provides a chance for all of us to learn about this serious health condition. While there is no simple solution, there are many ways communities can support children with their journey to good health; and

WHEREAS, obesity rates have soared among all age groups in the past four decades and the rise in obesity rates has affected our youth; and

WHEREAS, many factors can have an impact on childhood obesity, including eating and physical activity behaviors, genetics, metabolism, family and home environment, and community and social factors; and

WHEREAS, 1 in 3 children in the United States are obese or overweight and childhood obesity puts children at early risk for diseases and chronic conditions, such as Type 2 diabetes, high blood pressure, heart disease and possibly stroke; and

WHEREAS, children with obesity can be bullied and teased more than their non-obese peers. They are more likely to suffer from social isolation, depression and lower self-esteem; and

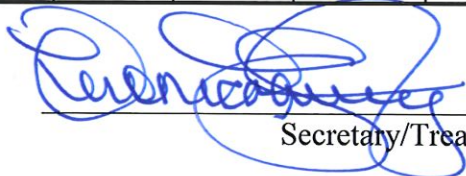
WHEREAS, the Ocean County Health Department promotes healthy eating and exercising to prevent obesity with the use of health education programs presented to schools and communities throughout the county; and

WHEREAS, working together, we all have a role in making healthier foods, beverages, and physical activity the easy choice for children and adolescents to help prevent childhood obesity.

NOW, THEREFORE, BE IT RESOLVED that the Ocean County Board of Health proclaims the month of September 2020 as National Childhood Obesity Awareness Month in Ocean County and will continue to promote and encourage healthy eating and exercise in an effort to prevent childhood obesity.

BE IT FURTHER RESOLVED that a copy of the resolution shall be forwarded to the Ocean County Board of Chosen Freeholders.

Name	Bacchione	Blake	Crea	Hill	Laureigh	Mancini	Scaturro	Singer	Mallon
Ayes	✓	✓	✓	✓	✓		✓	✓	✓
Abstain									
Nays									
Absent						✓			

  
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 Secretary/Treasurer