

RESOLUTION

231(23)

August 9, 2023

WHEREAS, National Childhood Obesity Awareness Month offers opportunities for families to prevent childhood obesity early and to address the issue early; 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, children who have obesity issues are more likely to have those same issues as adults. Addressing those issues now prevents lifelong health issues such as diabetes, certain cancers, heart and sleep disorders; and

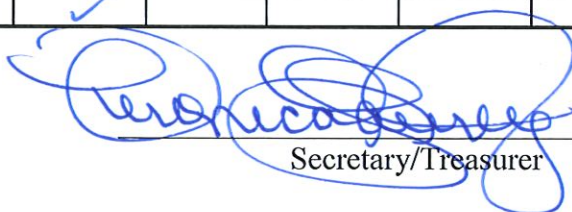
WHEREAS, the Ocean County Health Department promotes healthy eating and exercising to prevent obesity with the use of health education programs presented to schools and communities throughout the county; and

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, County of Ocean, State of New Jersey proclaims the month of September 2023 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 Commissioners.

Name	Bacchione	Gupta	Hill	Kubiel	Laureigh	Mancini	Scaturro	Singer	Mallon
Ayes	✓	✓	✓		✓	✓	✓	✓	✓
Abstain									
Nays									
Absent				✓					


Secretary/Treasurer