

## **Senate Concurrent Resolution No. 77**

### **RESOLUTION CHAPTER 82**

Senate Concurrent Resolution No. 77—Relative to Childhood Obesity Prevention and Fitness Week.

[Filed with Secretary of State August 17, 2010.]

#### **LEGISLATIVE COUNSEL'S DIGEST**

SCR 77, Correa. Childhood Obesity Prevention and Fitness Week.

This measure would proclaim the last full week in September in each year as Childhood Obesity Prevention and Fitness Week, and would express the Legislature's support of various programs that work to reduce obesity and increase exercise among children.

WHEREAS, Childhood obesity is recognized as a national epidemic and can contribute to low self-esteem, poor body image, eating disorders, and depression; and

WHEREAS, Overweight children are at a greater risk of developing many health problems during childhood, including type 2 diabetes, high blood pressure, asthma, and orthopedic problems; and

WHEREAS, Overweight children are more likely to be obese as adults, putting them at a much higher risk for heart disease, cancer, stroke, and other disabilities later in life; and

WHEREAS, The rate of childhood obesity has tripled in children and adolescents 6 to 19 years of age over the last three decades; and

WHEREAS, In California, 30 percent of children 10 to 17 years of age are considered overweight or obese; and

WHEREAS, The highest rates of obesity are found in Hispanic, African American, and Native American children, with rates that are double those of Caucasian children; and

WHEREAS, Those that are overweight, obese, or physically inactive are estimated to cost California tens of billions of dollars for medical care, workers' compensation, and lost productivity; and

WHEREAS, Many factors contribute to childhood obesity, including cultural barriers, urban safety, proximity to fast food, and the cost or lack of access to healthier alternatives; and

WHEREAS, Studies have shown that healthy eating habits and exercise can improve a child's ability to learn, self-esteem, and overall health; and

WHEREAS, Current recommendations state that children should strive for at least 30 minutes daily of moderate intensity physical activity; now, therefore, be it

*Resolved by the Senate of the State of California, the Assembly thereof concurring,* That the Legislature proclaims the last full week in September

in each year as Childhood Obesity Prevention and Fitness Week in California; and be it further

*Resolved*, That the Legislature supports programs that work to increase exercise among children, work to educate children about healthy eating habits, and work to remove barriers that contribute to sedentary lifestyles and unhealthy eating habits; and be it further

*Resolved*, That the Secretary of the Senate transmit copies to the author for appropriate distribution.

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