



Resolution

WHEREAS, the month of September is recognized nationally as Childhood Obesity Awareness Month; and

WHEREAS, one in five children in the United States are obese; and

WHEREAS, overweight and obese children are at a higher risk for developing various diseases, including diabetes, heart disease, asthma, or joint pain; obesity can also impact a child's self-esteem and development; and

WHEREAS, while unhealthy food choices and minimal physical activity are factors that can lead to being overweight, socioeconomic disparities—such as food insecurity and lack of access to affordable, nutritious foods like fruits and vegetables—also contribute to obesity; and

WHEREAS, Harris County and Precinct 4 are committed to creating healthy communities where children can grow and thrive; and

WHEREAS, Precinct 4 is proud to partner with Common Market Texas to bring free, fresh produce to its community centers to give residents access to affordable, healthy food options; and

WHEREAS, Precinct 4 also creates community center programming that provides children and families opportunities for physical exercise and recreational activities, empowering them to make informed choices about their health and well-being; and

WHEREAS, in addition to providing a variety of low-cost health services, the County's Public Health Department's Nutrition and Physical Activity Program educates community members on ways to eat healthier and increase physical activity to maintain a healthy weight; its Diabetes Prevention Program is helping pre-diabetic individuals reduce their risk of Type 2 diabetes and improve their overall health;

NOW, THEREFORE, BE IT RESOLVED that the Harris County Commissioners Court hereby respectfully observes the month of September as

CHILDHOOD OBESITY AWARENESS MONTH

to promote the education of preventative measures, healthy lifestyles, and access to resources aimed at combating childhood obesity.

It is hereby **ORDERED** that this Resolution be included in the minutes of Commissioners Court this 19th day of September 2024.

Lina Hidalgo, County Judge

Rodney Ellis
Commissioner, Precinct 1

Adrian Garcia
Commissioner, Precinct 2

Tom S. Ramsey, P.E.
Commissioner, Precinct 3

Lesley Briones
Commissioner, Precinct 4

ATTEST:

Teneshia Hudspeth, County Clerk
Harris County, TEXAS