

By Senator Haridopolos

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Senate Resolution

A resolution recognizing April 10, 2008, as "Obesity Awareness Day" in Florida.

WHEREAS, Florida's leaders have a responsibility to encourage and promote healthy lifestyles for the residents of this state, including communicating information about healthy diet, the importance of physical activity, and the availability of clinical treatment, and

WHEREAS, in recent years, poor health, in the form of obesity and inactivity, has increased dramatically throughout the world, and

WHEREAS, in America, more than one-half of all adults are overweight, representing approximately 69 million people, and

WHEREAS, according to the Centers for Disease Control, in the year 2000 approximately 19.8 percent of adults in the United States were classified as "obese," an increase of 61 percent since 1991, and

WHEREAS, only 22 percent of American adults engage in recommended regular physical activity of any intensity during leisure time, and only 15 percent engage in the recommended amount of vigorous activity, and

WHEREAS, obesity can lead to a 50-percent to 100-percent increase in risk of death to an individual from all causes, and more than 280,000 Americans die each year from obesity-related diseases, and

WHEREAS, today, 15 percent of all children and adolescents are overweight, nearly double the percentage two decades ago, and

WHEREAS, in 1980, fewer than 4 percent of childhood diabetes

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30 cases were Type 2 Diabetes, but that number has since risen to
31 approximately 20 percent, and, of the children diagnosed as
32 having Type 2 Diabetes, 85 percent are obese, and

33 WHEREAS, because the prevalence of Type 2 Diabetes has
34 tripled in the last 30 years, more people who have diabetes will
35 live longer and have a greater chance of developing disabling,
36 life-threatening complications from diabetes, and

37 WHEREAS, the direct costs of inactivity and obesity account
38 for approximately 9.4 percent of national health care
39 expenditures, with costs reaching at least \$39.3 billion, and

40 WHEREAS, Floridians will become more aware of the growing
41 problems related to obesity and inactivity if they are given
42 pertinent information and if good examples are set by leaders in
43 the community, NOW, THEREFORE,

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45 Be It Resolved by the Senate of the State of Florida:

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47 That the Florida Senate recognizes April 10, 2008, as
48 "Obesity Awareness Day" in Florida and encourages individuals and
49 communities throughout the state to do all they can to promote
50 awareness of the serious problems resulting from inactivity and
51 excess weight.