

By Senator Book

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1 Senate Resolution

2 A resolution recognizing April 24-28, 2017, as "Every
3 Kid Healthy Week" in Florida.

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5 WHEREAS, more than 20 percent of Florida's population, or
6 4.1 million residents, is under 18 years of age, and

7 WHEREAS, the incidence of individuals who are overweight or
8 obese is on the rise, with more than 30 percent of Florida
9 children considered overweight or obese, and childhood obesity
10 has become a major health epidemic in this state, and

11 WHEREAS, being overweight as a child can lead to serious
12 health problems, such as heart disease, type 2 diabetes, asthma,
13 sleep problems, low self-esteem, and being bullied, and these
14 health and wellness concerns lead to higher health care costs
15 that negatively impact Florida taxpayers, and

16 WHEREAS, nationally, 86 percent of health care expenditures
17 go toward the diagnosis and treatment of chronic diseases, many
18 of which have been linked to obesity and physical inactivity,
19 and Florida has among the highest health care costs, ranking
20 18th out of the 50 states and the District of Columbia in health
21 care spending per capita, and

22 WHEREAS, regular physical activity can produce long-term
23 health benefits and, nationally, the number of health club
24 members who are under 18 years of age has increased to 60
25 percent, but only 25 percent of Florida's youth meet recommended
26 levels of aerobic and muscle-strengthening physical activity,
27 and

28 WHEREAS, in response to the health challenges facing
29 Florida's adolescents, many health clubs in this state have
30 created programs directed at children and adolescents and have
31 also developed programs that encourage families to exercise
32 together so they live healthier lives, and

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33 WHEREAS, parents are a positive influence in helping their
34 children eat healthier food and become more physically active,
35 and

36 WHEREAS, promoting healthy behavior promotes a healthy
37 population, reduces health care costs, and provides a healthier
38 and more productive workforce, and

39 WHEREAS, Florida's future relies on the health and well-
40 being of its youth, NOW, THEREFORE,

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

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44 That in recognition of the need to support initiatives that
45 encourage physical activity and the adoption of healthy
46 lifestyles, and acknowledging the need to improve the quality of
47 life of many young Floridians and to prevent an increased burden
48 on taxpayers stemming from the epidemic of childhood obesity,
49 April 24-28, 2017, is recognized as "Every Kid Healthy Week" in
50 Florida.