

By Senator Book

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Senate Resolution

A resolution recognizing April 23-27, 2018, as "Every Kid Healthy Week" in Florida.

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

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

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

WHEREAS, nationally, 86 percent of health care expenditures go toward the diagnosis and treatment of chronic diseases, many of which have been linked to obesity and physical inactivity, and Florida spends more than \$8,000 per capita annually on health care, and

WHEREAS, regular physical activity can produce long-term health benefits and, in response to the health challenges facing Florida's adolescents, many health clubs in this state have created programs directed at children and adolescents and have also developed programs that encourage families to exercise together so they live healthier lives, and

WHEREAS, the number of health club members who are under 18 years of age has more than doubled in Florida, well ahead of the

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30 national average increase of 60 percent, but, still, only 25
31 percent of Florida's youth meet recommended levels of aerobic
32 and muscle-strengthening physical activity, and

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 23-27, 2018, is recognized as "Every Kid Healthy Week" in
50 Florida.