

Proclamation



Jane Castor, Mayor

WHEREAS, childhood obesity occurs when a child is well above a healthy weight for his or her age and height, and the Office of Disease Prevention and Health Promotion reports that one in five children in the United States is overweight, and **National Childhood Obesity Month** brings attention to facts such as obesity is not a character flaw, but a disease, and these children have brains and bodies that may be wired to gain weight and keep it on, and that lifestyle can make an impact; and

WHEREAS, young people live in an environment that surrounds them with unhealthy food choices and inactivity, and obesity may be influenced by factors such as spending too much idle time, lack of sleep, limited places in the community to get physical activity, easy access to inexpensive high calorie foods, and lacking access to healthier food choices; and

WHEREAS, obesity puts children at risk for health problems that were once only seen in adults such as heart disease, high blood pressure, type 2 diabetes, sleep apnea, and more, and many children with obesity grow up to adulthood with the same condition and health risks, and children and adults often endure belittling and unjust treatment that creates psychological scars and

WHEREAS, childhood obesity can be preventable, and scientists have proven that realistic strategies such as limiting consumption of sugar sweetened beverages, increasing regular physical activities, reducing sedentary activities, and other healthy choices can decrease the risk of children developing obesity; and

WHEREAS, children with obesity often experience bullying and teasing and they are more likely to suffer from social isolation, depression, and lower self-esteem; family members, caregivers, and other role models can help ensure children have a healthy weight, and they play an integral part in helping children make healthy food and activity choices; and

WHEREAS, the City of Tampa Parks and Recreation Department, a *National Gold Medal Award for Excellence* recipient, stresses the significance of promoting healthy lifestyles and the importance of committing to exercise at a young age, and the parks and recreation facilities in Tampa, Florida provide opportunities for a safe and beautiful environment in which to develop more active lifestyles; and

WHEREAS, the City of Tampa, Florida, along with many cities across the United States of America, are encouraging its citizens to explore the wide range of recreational activities available to them, especially through the Parks and Recreation Department, where a variety of fun and exercise can be enjoyed by the entire family; and

NOW, THEREFORE, I, Jane Castor, by virtue of the authority vested in me as Mayor of the city of Tampa, Florida, do hereby proclaim the month of September 2024, as

“NATIONAL CHILDHOOD OBESITY AWARENESS MONTH”

in the city of Tampa, Florida, and urge all citizens to join me in promoting healthy, active lifestyles, especially among the youth in our community.

Dated in Tampa, Florida, this 4th day of August 2024.



Mayor

