

Ms. Susie V. Castillo, Board Member

**SUBJECT:                   REQUEST APPROVAL OF RESOLUTION NO. 13-108 OF THE  
SCHOOL BOARD OF MIAMI-DADE COUNTY, FLORIDA,  
ENDORING NATIONAL CHILDHOOD OBESITY AWARENESS  
MONTH IN MIAMI-DADE COUNTY PUBLIC SCHOOLS DURING  
SEPTEMBER 2013**

**COMMITTEE:           INSTRUCTIONAL           EXCELLENCE           &           COMMUNITY  
ENGAGEMENT**

**LINK TO STRATEGIC  
FRAMEWORK:           STUDENT, PARENT, AND COMMUNITY ENGAGEMENT**

In the past four decades, obesity rates in the United States have soared among all age groups. This rise in obesity rates has affected our youth in alarming fashion. For example, childhood obesity has more than doubled in children and tripled in adolescents in the past 30 years. The percentage of children aged 6–11 years in the United States who were obese increased from 7% in 1980 to nearly 18% in 2010. Similarly, the percentage of adolescents aged 12–19 years who were obese increased from 5% to 18% over the same period.

More than 23 million children and teenagers in the United States ages 2 to 19 are obese or overweight, a statistic that health and medical experts consider an epidemic. This epidemic puts nearly one third of America's children at early risk for Type 2 diabetes, high blood pressure, heart disease and even stroke – conditions usually associated with adulthood.

Fortunately, there are opportunities to change these trends every day. This month, there is an extraordinary opportunity to build awareness and take action – nationally, as well as in our state, city, workplace and home. September 2010 was the first-ever Childhood Obesity Awareness Month, calling national attention and action to this epidemic.

**ACTION PROPOSED BY  
MS. SUSIE V. CASTILLO:**

That The School Board of Miami-Dade County, Florida, approve Resolution No. 13-108 of The School Board of Miami-Dade County, Florida, endorsing National Childhood Obesity Awareness Month in Miami-Dade County Public Schools during September 2013.

**Replacement  
H-9**

**RESOLUTION NO. 13-108  
OF THE SCHOOL BOARD OF MIAMI-DADE COUNTY, FLORIDA,  
ENDORISING NATIONAL CHILDHOOD OBESITY AWARENESS MONTH IN MIAMI-DADE  
COUNTY PUBLIC SCHOOLS DURING SEPTEMBER 2013**

**WHEREAS**, Presidential and Congressional proclamations established September 2010 as the first National Childhood Obesity Awareness Month; and

**WHEREAS**, dedicating at least one month per year to helping raise awareness about this crisis will help maximize the impact of programs, activities, messaging, and campaigns – all aligned to help eradicate childhood obesity; and

**WHEREAS**, National Childhood Obesity Awareness Month recognizes the serious threat obesity poses to the health of America's children and the need to decrease its prevalence in the United States, and

**WHEREAS**, childhood obesity is preventable, yet does not appear to be declining; and

**WHEREAS**, some consequences of childhood and adolescent obesity are psychosocial and can hinder academic functioning and persist into adulthood; and

**WHEREAS**, protecting the health and wellbeing of American children for years to come is a critical endeavor, and adults must ensure that young people receive a healthy start in life; and

**WHEREAS**, parents, health care providers, educators, civic leaders, and community organizations, are encouraged to observe National Childhood Obesity Awareness Month with programs and activities to help prevent childhood obesity, promote healthy eating and physical activity, and increase awareness among individuals of all ages and walks to life;

**NOW, THEREFORE, BE IT RESOLVED THAT:**

The School Board of Miami-Dade County, Florida, approve Resolution No. 13-108 of The School Board of Miami-Dade County, Florida, endorsing National Childhood Obesity Awareness Month in Miami-Dade County Public Schools during September 2013.

A copy of this resolution is placed in the permanent records of this Board.

**Presented this third day of September, A.D. 2013**

THE SCHOOL BOARD OF MIAMI-DADE COUNTY, FLORIDA

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CHAIR

ATTEST:

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Secretary