

SENATE RESOLUTION NO. 665

WHEREAS, Across Texas, the inaugural observance of Every Kid Healthy Week is taking place from April 24 through 28, 2017; and

WHEREAS, The Lone Star State is home to more than 7 million residents under the age of 18, a segment that represents over 26 percent of the total population; of those young people, nearly 20 percent are considered obese, a condition that can lead to a host of serious health issues, including heart disease, type 2 diabetes, asthma, sleep difficulties, and low self-esteem; and

WHEREAS, At the national level, 75 percent of health care expenditures go toward diagnosing and treating chronic illnesses, many of which have been linked to obesity and physical inactivity; moreover, the State of Texas annually spends nearly \$6,000 per capita on health care; and

WHEREAS, Regular physical activity can produce such long-term benefits as greater cardiorespiratory and muscular fitness, better bone health, reduced symptoms of depression, and improved academic performance; the United States Department of Health and Human Services recommends children and adolescents participate in an hour or more of physical activity daily, through a combination of aerobic and muscle-strengthening and bone-strengthening activities, yet only about 27 percent of young Texans meet those suggested levels; and

WHEREAS, In an effort to combat the rising levels of childhood obesity, health clubs throughout the state have created programs specifically designed to encourage families to exercise and follow a healthy diet; in recent years, such initiatives have spurred a dramatic increase in the number of health club members under the age of 18; and

WHEREAS, Childhood obesity not only negatively affects our young people's quality of life but also leads to higher health care costs, and this weeklong campaign to raise awareness of this issue serves as a valuable way of educating the public about a critical health epidemic facing our state; now, therefore, be it

RESOLVED, That the Senate of the State of Texas, 85th Legislature, hereby recognize April 24-28, 2017, as Every Kid Healthy Week and encourage all Texans to meet the recommended levels of physical activity each day.

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President of the Senate

I hereby certify that the above Resolution was adopted by the Senate on April 24, 2017.

Secretary of the Senate

Member, Texas Senate