



BY THE GOVERNOR OF THE STATE OF GEORGIA

## A PROCLAMATION

### CHILDHOOD OBESITY AWARENESS DAY

WHEREAS: Obesity has reached epidemic proportions following drastic increases in weight and obesity among adults in the last 20 years. Recent data from the National Center for Health Statistics indicates that more than 34.9 percent of American adults, or over 78.6 million, people are obese. According to the Trust for America's Health and the Robert Wood Johnson Foundation, Georgia currently ranks 19th in the nation with an adult obesity rate of 30.5 percent; and

WHEREAS: This epidemic is not limited to adults. The percentage of overweight young people in our country has almost tripled since 1980, and today 17 percent, or 12.7 million, children and teenagers ages 2 through 19 are obese or overweight. Recent data from the Center for Disease Control and Prevention indicates that Georgia ranks 17<sup>th</sup> in the nation for obese and overweight children ages 10-17; and

WHEREAS: Overweight and obese individuals are at increased risk for serious health problems such as stroke, type 2 diabetes, coronary heart disease, hypertension, liver and gallbladder disease, osteoarthritis, respiratory difficulties and some cancers, including colon, breast and endometrial; and

WHEREAS: Teaching children at an early age to make wholesome, nutritious diet decisions will help them to develop long-term healthy habits. Promoting regular physical activity and healthy eating as well as creating a culture that supports these behaviors, are essential to reducing the impact of the obesity epidemic; and

WHEREAS: These actions will not only help our children make a healthy difference in their own lives, but will also positively impact the lives of future generations; now

THEREFORE: I, NATHAN DEAL, Governor of the State of Georgia, do hereby proclaim September 24, 2016 as CHILDHOOD OBESITY AWARENESS DAY in Georgia and encourage all Georgians to embrace a healthy lifestyle.

In witness thereof, I have hereunto set my hand and caused the Seal of the Executive Department to be affixed this 12<sup>th</sup> day of August in the year of our Lord two thousand sixteen.

*Nathan Deal*

GOVERNOR

ATTEST

*Chris W. Riley*

CHIEF OF STAFF

