

# Resolution



ORDER NO: 2017-0054

DATE: January 17, 2017

STATE OF TEXAS §

COUNTY OF DALLAS §

**BE IT REMEMBERED**, at a regular meeting of the Commissioners Court of Dallas County, Texas, held on the 17<sup>th</sup> day of January, 2017, on a motion made by Dr. Theresa M. Daniel, Commissioner of District 1, and seconded by John Wiley Price, Commissioner of District 3, the following Resolution was adopted:

**WHEREAS**, Healthy Weight Week was started 24 years ago to promote the understanding that healthy weight is not about a number, but rather about living a healthy lifestyle. Healthy lifestyles are about the choices we make on a daily basis related to food and physical activity; and

**WHEREAS**, National Sugar Awareness Week is recognized the same week as Healthy Weight Week, from January 16-20, 2017. You can participate in the sugar awareness challenge to omit sugar from your diet for 5 days and see the difference. Practice mindful eating, stress management, getting adequate sleep, and incorporate physical activity into your daily routine - all important to achieving and maintaining a healthy weight; and

**WHEREAS**, Sugar has been named a major culprit associated with many of the medical conditions afflicting Americans across the United States and other countries around the world such as heart disease, diabetes, obesity and depression – just to name a few; and


**WHEREAS**, Sugar consumption triggers sugar cravings and can lead to an increased intake of sugary and starchy foods. Reading nutritional labels is an excellent way to become familiar with just how much and how often sugar is included in the foods we enjoy every day. In 2015, Americans consumed roughly 94 grams of sugar per day, the equivalent of two and a half cans of Coke. Meanwhile, the government's recommendation is around 50 grams per day; and


**WHEREAS**, American Heart Association recommends 150 minutes of moderate activity per week, approximately 30 minutes for 5 days. Benefits of moderate physical activity include: weight management, improving blood circulation, preventing bone loss, managing blood pressure, reducing anxiety and tension, and boosting energy levels; and


**WHEREAS**, Increased awareness and mindful decisions about our food choices, combined with the physical activity recommendations of the American Heart Association, can boost our mental wellness, improve our physical wellness, and prolong our optimal health.

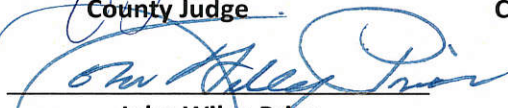
**NOW, THEREFORE, BE IT RESOLVED** that the Dallas County Commissioners Court with its focus on public health does hereby recognize Healthy Weight Awareness Week and National Sugar Awareness Week this January 16-20, 2017. We wish Dallas County residents good health and prosperity in 2017.


**DONE IN OPEN COURT**, this the 17<sup>th</sup> day of January, 2017.

  
Clay Lewis Jenkins  
County Judge

  
Dr. Theresa M. Daniel  
Commissioner, District 1

  
Mike Cantrell  
Commissioner, District 2

  
John Wiley Price  
Commissioner, District 3

  
Dr. Elba Garcia  
Commissioner, District 4