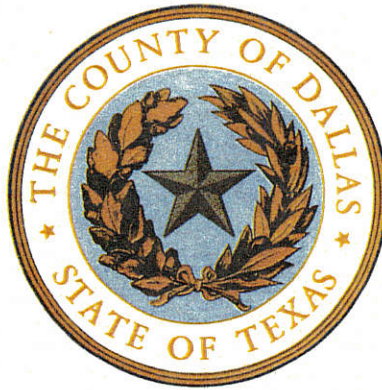


# Resolution



ORDER NO: 2018-0061

DATE: January 16, 2018

STATE OF TEXAS §

COUNTY OF DALLAS §

**BE IT REMEMBERED**, at a regular meeting of the Commissioners Court of Dallas County, Texas, held on the 16<sup>th</sup> day of January, 2018, on a motion made by Dr. Theresa M. Daniel, Commissioner of District 1, and seconded by Dr. Elba Garcia, Commissioner of District 4, the following Resolution was adopted:

**WHEREAS**, Healthy Weight Week was started 25 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**, In addition to mindful eating, stress management, getting adequate sleep, and incorporating physical activity into your daily routine the Centers for Disease Control and Prevention also recommends "Rethink Your Drink." This is an easy way to reduce your sugar and calorie intake and a good practice to becoming more mindful of nutrition labels. All are 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

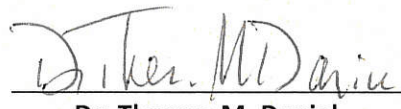
**WHEREAS**, Child obesity has more than tripled since 1970. The Centers for Disease Control and Prevention reports that 1 in 5 school-aged has obesity. Children living with obesity can experience more physical, social and emotional effects than their peers. Child obesity can lead into having obesity as an adult; and

**WHEREAS**, Healthy behaviors are more effective when developed during childhood and can be more difficult than changing unhealthy behaviors in adults. 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.

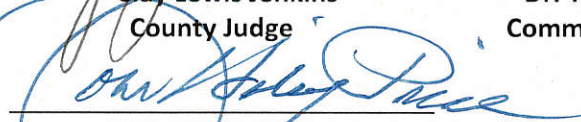
**NOW, THEREFORE, BE IT RESOLVED** that the Dallas County Commissioners Court with its focus on public health does hereby recognize Healthy Weight Awareness Week this January 15-19, 2018. We wish Dallas County residents good health and prosperity in 2018.

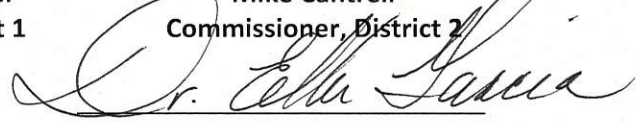
**DONE IN OPEN COURT**, this the 16<sup>th</sup> day of January, 2018.

  
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