



PROCLAMATION

WHEREAS, the Williamson County Commissioners Court recognizes obesity as a public health problem as 31% of Williamson County adults are obese according to County Health Rankings, and

WHEREAS, the Centers for Disease Control and Prevention (CDC) reports that obesity is largely connected to conditions such as heart disease, stroke, type 2 diabetes, hypertension, and cancer; and

WHEREAS, obesity is preventable, and the key to maintaining a healthy weight is all about living a lifestyle that includes healthy eating and regular exercise; and

WHEREAS, the Department of Health and Human Services recommends that adults get at least 150 minutes of physical activity per week and children (6-17 years old) get 60 minutes of physical activity per day; and

WHEREAS, the Texas Department of Agriculture's MyPlate dietary guidelines recommend making half of your plate filled with fruits and vegetables, a quarter of your plate filled with protein, and a quarter of your plate filled with grains; and

WHEREAS, the Williamson County and Cities Health District (WCCHD) recognizes Chronic Disease as one of the Top 5 Health Priorities in Williamson County; and

WHEREAS, Healthy Williamson County coalition's working group, Healthy Living, is a dedicated group of organizations that encourages healthy eating, active living, and advocates for work environments that promote employee wellness; and

WHEREAS, Texas Obesity Awareness Week was established in the 80th Legislative Session (2007) and is intended to raise awareness of the health risks associated with obesity and to encourage Texans to achieve and maintain a healthy lifestyle.

NOW, THEREFORE, BE IT RESOLVED THAT the Williamson County Commissioners Court hereby proclaims the week of September 8th, 2019 as Obesity Awareness Week in Williamson County and encourage everyone to learn more about living a healthy lifestyle at www.healthywilliamsoncounty.org/healthy.

Signed on this date: _____

Bill Gravell, County Judge

Terry Cook, Commissioner Precinct 1

Valerie Covey, Commissioner Precinct 3

Cynthia Long, Commissioner Precinct 2

Russ Boles, Commissioner Precinct 4