

*State of Texas*  
*County of Williamson*  
*Know all men by these presents:*

**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

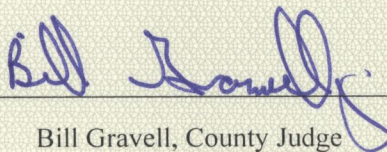
**WHEREAS**, the Williamson County and Cities Health District (WCCHD) recognizes Chronic Disease as one of the Top 5 Health Priorities in Williamson County; and

**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 80<sup>th</sup> 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 8<sup>th</sup>, 2019 as Obesity Awareness Week in Williamson County and encourage everyone to learn more about living a healthy lifestyle at [www.healthywilliamsoncounty.org/healthy](http://www.healthywilliamsoncounty.org/healthy).

Signed on this date: September 10, 2019



Bill Gravell, County Judge