



Legislation Text

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To recognize March, 2016 as National Nutrition Month in the City of Columbus, Ohio.

WHEREAS, National Nutrition Month® is a nutritional education and information campaign started in 1980 and created annually in March by the Academy of Nutrition and Dietetics, focusing attention on the importance of making informed food choices and developing sound eating and physical activity habits, and

WHEREAS, National Nutrition Month® promotes the Academy and its members to the public and the media as the most valuable and credible source of timely, scientifically-based food and nutrition information; and

WHEREAS, Childhood obesity is a national epidemic, not just a family or a city problem, in fact in Franklin County, pediatric obesity is a local emergency - during the 2014-2015 school year 30% of preschoolers, and an estimated 37. 8% of all students in grades K-12 were overweight or obese, putting them at risk for serious health conditions; and

WHEREAS, in 2013, almost two-thirds (64.5%) of adults in Franklin County were overweight and of those who were overweight, almost half (32.1% of the adults in Franklin County were obese; and

WHEREAS, Obesity contributes to many chronic health conditions, including: diabetes and heart disease; and

WHEREAS, reducing obesity decreases health risks for thousands of residents in Franklin County lowering health care costs;

WHEREAS, Columbus Public Health, CPH is leading the City of Columbus' efforts to combat obesity through initiatives that promote active living, healthy eating and nutrition, with programs that include: Creating a Healthy Communities Network; Healthy Places; Healthy Children-Healthy Weights, the Institute for Active Living; and the WIC program; and

WHEREAS, CPH partners with a number of organizations to increase access to healthy food and physical activity through **Local Matters**, Veggie Bucks, Fresh Foods Here, Safe Routes to Schools, Art Walks, Landmark Talks, as well as farmers markets, community gardens, biking and walking paths; and

WHEREAS, the theme for National Nutrition Month 2016 is to "Savor the Flavor of Eating Right," which encourages everyone to take the time to enjoy food traditions and appreciate the pleasures, great flavors and social experiences that food can add to our lives, now therefore,

BE IT RESOLVED BY THE COUNCIL OF THE CITY OF COLUMBUS:

That this Council does hereby recognize March, 2016 as National Nutrition Month in the City of Columbus, Ohio.