

**RESOLUTION 2016- 355**

**WHEREAS**, obesity rates have soared among all age groups in the past four decades and the rise in obesity rates has affected our youth; and

**WHEREAS**, twenty three million children and teenagers in the United States are obese or overweight and childhood obesity puts children at early risk for diseases and chronic conditions, such as Type 2 diabetes, high blood pressure, heart disease and possible stroke, and

**WHEREAS**, the Ocean County Health Department promotes healthy eating and exercising to prevent obesity with the use of health education programs presented to schools and communities throughout the county; and

**WHEREAS**, promoting being physically active, eating healthy, avoiding tobacco and living a healthy lifestyle are ways to reduce the epidemic of childhood obesity.

**NOW, THEREFORE, BE IT RESOLVED** that the Township of Ocean, County of Ocean, State of New Jersey proclaims the month of September 2016 as National Childhood Obesity Awareness Month in Ocean County and will continue to promote and encourage healthy eating and exercise in an effort to prevent childhood obesity.

**BE IT FURTHER RESOLVED**, that a copy of the resolution shall be forwarded to the Ocean County Board of Chosen Freeholders and Ocean County Mayors.

**CERTIFICATION**

I, Diane Ambrosio, Clerk of the Township of Ocean, in the County of Ocean and the State of New Jersey, do hereby certify that the foregoing resolution was duly adopted by the Township Committee at its Regular Business Meeting held on the 8<sup>th</sup> day of September 2016.

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Diane B. Ambrosio, RMC  
Municipal Clerk