Resolution

ORDER NO: 2025-0927
DATE: September 2, 2025
STATE OF TEXAS
COUNTY OF DALLAS

BE IT REMEMBERED, at a regular meeting of the Commissioners Court of Dallas County, Texas, held on the 2nd day of September, 2025, 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, in 2025, Texas Children's Hospital reported a significant increase in childhood obesity, with approximately 22,000 children aged 18 or younger and 8,000 children aged five or younger receiving diagnoses of obesity. While Texas ranks eighth in the nation regarding youth obesity rates among individuals aged 10 to 17, the state is actively implementing a variety of initiatives to address this pressing public health concern; and

WHEREAS, a substantial number of young Texans are affected, with over 600,000 youths aged 10 to 17 identified as experiencing obesity. The incidence of childhood obesity varies across racial and ethnic groups, with Hispanic and non-Hispanic Black children generally demonstrating higher rates than their White and Asian counterparts. Notably, data from the 2022-2023 period indicated that non-Hispanic Black children exhibited the highest prevalence of obesity at 23.5%, followed closely by Hispanic children at 22.2%, while non-Hispanic Asian children reported the lowest prevalence at 10.6%; and

WHEREAS, childhood obesity is a multifaceted issue influenced by an array of factors, including genetic predispositions, dietary habits, physical activity levels, and sleep patterns. Children with obesity face greater possibility of developing various health complications such as asthma, sleep apnea, musculoskeletal issues, type 2 diabetes, and other related health conditions. Although no single intervention can resolve this issue, a range of strategies exists for parents and caregivers to assist children in achieving and maintaining a healthy weight, thereby promoting long-term health; and

WHEREAS, the solution to this is to have children participate in regular physical activity, experience better muscular and skeletal development, improved cardiovascular fitness, and lower body fat percentages than their inactive peers. Those aged 3 to 5 should engage in physical activity throughout the day, while kids aged 6 to 17 should aim for at least 60 minutes daily. Families can support these goals by enjoying activities together, such as walking the dog, cycling, or having races in the yard. Involving children in household chores like washing the car or raking leaves can also boost their activity levels.

NOW, THEREFORE, BE IT RESOLVED that the Dallas County Commissioners Court hereby designates the month of September as **National Childhood Obesity Awareness Month**. The Court affirms its commitment, along with its partners, to promoting awareness and advocacy regarding this critical public health issue and its implications for the residents of Dallas County.

DONE IN OPEN COURT, this the 2nd day of September, 2025.

Clay Lewis Jenkins
County Judge Commissioner

Dr. Theresa Daniel
District 1 Commissioner

Andrew Sommerman
District 2 Commissioner

John Wiley Price
Commissioner, District 3

Dr. Elba Garcia
Commissioner, District 4