

MOTION BY SUPERVISOR YVONNE B. BURKE

April 4, 2006

The issue of childhood and adult obesity is reaching epidemic proportions across the country. The Los Angeles County Department of Parks and Recreation has recognized this and responded by establishing the Healthy Parks Program to educate children and families how obesity can lead to heart disease, diabetes, cancer and overall chronic diseases.

This successful Healthy Parks Program is now expanded to all County parks by including a healthy component to all park activities and programs through health and wellness, nutrition and physical fitness education. The Healthy Parks Program created an environment conducive to the health of children and leads to better school attendance, improved behavior, lower incident of illness and increased attention, creativity and academic achievement.

Health and nutrition education and physical fitness are essential to all members of the family, with research confirming that prevention programs offer significant benefit to the populations at large. As such, the many park facilities throughout Los Angeles County that are being used to provide a variety of excellent programs that help with this essential public education through the implementation of fun physical fitness programs.

**I, THEREFORE, MOVE** that this Board proclaim April as "Healthy Parks Month" in the County of Los Angeles, and that the incorporated cities in Los Angeles County and other concerned non-profit agencies be urged to participate in this countywide effort; and

**I FURTHER MOVE** that all residents be encouraged to attend activities that will be scheduled in April and throughout the remainder of the year at parks throughout the County in a concerted effort to turn around the obesity epidemic that is so harmful to the physical and mental health of our citizens.

# # #

YBB:DL:jar/healthy parks month 4/4/06

MOTION

MOLINA \_\_\_\_\_

BURKE \_\_\_\_\_

YAROSLAVSKY \_\_\_\_\_

KNABE \_\_\_\_\_

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