

Proclamation

THE BOARD OF SUPERVISORS, COUNTY OF SAN MATEO, STATE OF CALIFORNIA
PROCLAIMS

APRIL 6-12, 2003

AS

PUBLIC HEALTH WEEK

WHEREAS, *Healthy People 2010* recommends that adults should exercise at least three times a week and eat an average of at least five fruits and/or vegetables per day; and

WHEREAS, the 2001 San Mateo County Behavioral Risk Factor Survey (BRFS) showed that less than 10% of San Mateo County survey respondents report practicing a combination of healthy behaviors which limit cardiovascular health; and

WHEREAS, the same survey also showed that 53.8% of San Mateo County adults are classified as overweight, while 16.8% are classified as obese; and

WHEREAS, the San Mateo County Maternal, Child, and Adolescent Health Unit reported that 13.2% of children 0-12 years old in San Mateo County are overweight or obese; and

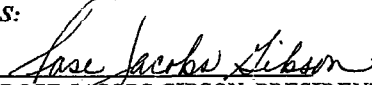
WHEREAS, the theme for Public Health Week 2003 in San Mateo County will be "Getting in Shape for the Future: Healthy Eating and Active Living", which will strive to increase people's awareness of the need to eat healthy and participate in physical activity; and

WHEREAS, San Mateo County Public Health Division will host a community walk, cooking demonstrations by the Food and Nutrition Program, an international pot-luck of healthy recipe, and a community health fair at Serramonte Center in Daly City on Saturday, April 12th, to educate the community about nutrition and physical activity:

NOW, THEREFORE BE IT PROCLAIMED that the San Mateo County Board of Supervisors designates the week of April 6-12, 2003 as "PUBLIC HEALTH WEEK" throughout San Mateo County.

DATED: April 8, 2003

SUPERVISORS:

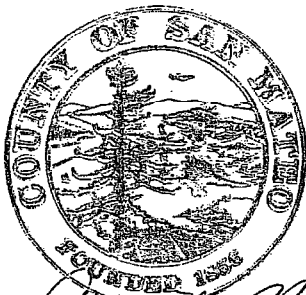

ROSE JACOBS GIBSON, PRESIDENT

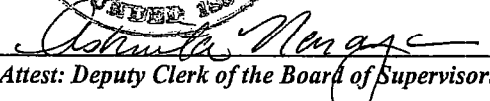

MARK CHURCH


JERRY HILL


RICHARD GORDON


MICHAEL D. NEVIN




Attest: Deputy Clerk of the Board of Supervisors