

**BY:** M. of A. Reyes

**MEMORIALIZING** Governor Andrew M. Cuomo to proclaim  
March 4, 2021, as Obesity Awareness Day in the State  
of New York

**WHEREAS,** It is the custom of this Legislative Body to recognize official days that are set aside to increase awareness of issues that affect the lives of the citizens of New York State; and

**WHEREAS,** Attendant to such concern, and in full accord with its long-standing traditions, it is the sense of this Legislative Body to memorialize Governor Andrew M. Cuomo to proclaim March 4, 2021, as Obesity Awareness Day in the State of New York, in conjunction with the observance of World Obesity Day; and

**WHEREAS,** World Obesity Day is observed globally on March 4th to lead and drive global efforts to reduce, prevent and treat obesity, as well as to promote practical solutions to end the global obesity crisis; and

**WHEREAS,** This vital initiative is organized by the World Obesity Federation, a non-profit body which is in official relations with the World Health Organization and is the only global organization focused exclusively on obesity; and

**WHEREAS,** Obesity is a growing epidemic affecting about 40% of adults in the United States, and is recognized as a chronic disease by many leading medical professional and patient organizations, including the American Medical Association, American Heart Association, American Academy of Family Physicians, American Board of Obesity Medicine, Endocrine Society, and the Obesity Society; and

**WHEREAS,** Experts and researchers agree obesity is a complex disease influenced by various psychological, environmental, and genetic factors; those affected by the disease are at higher risk of developing many health-related conditions such as type 2 diabetes, high blood pressure, cardiovascular disease, stroke, and some cancers; and

**WHEREAS,** According to a 2019 study, nearly 28% of New Yorkers are obese, compared with the national average of 30.9%; and

**WHEREAS,** Furthermore, total obesity-related costs in New York State are estimated at more than 11.8 billion dollars annually; and

**WHEREAS,** All types of citizens are affected by the disease, however according to the National Center for Health Statistics, obesity has a disproportionate impact among lower income individuals, those with less education, and minority communities; and

**WHEREAS,** Studies show bias and stigma against people affected by obesity, both societal and among healthcare professionals, are significant barriers to effectively treating the disease; and

**WHEREAS,** Prevention programs, comprehensive care and treatment are essential tools in mitigating the human and economic costs of this public health crisis; and

**WHEREAS,** Research suggests weight loss of 5% to 10% can improve health and reduce the risk of some obesity-related diseases and can thereby advance the goals of state public health initiatives to reduce chronic disease, improve health outcomes, and control healthcare costs; and

**WHEREAS,** It is imperative that there be greater awareness of this serious health issue, and more must be done to increase activity at the local, State and National levels; now, therefore, be it

**RESOLVED,** That this Legislative Body pause in its deliberations to memorialize Governor Andrew M. Cuomo to proclaim March 4, 2021, as Obesity Awareness Day in the State of New York; and be it further

**RESOLVED,** That a copy of this Resolution, suitably engrossed, be transmitted to The Honorable Andrew M. Cuomo, Governor of the State of New York.