Senate Resolution No. 1393

**BY:** Senator PERSAUD

**MEMORIALIZING** Governor Kathy Hochul to proclaim April 20-24, 2026, as Every Kid Healthy Week in the State of New York

**WHEREAS,** The citizens of the State of New York are committed to ensuring the safety and well-being of our most precious resource, our children, and to protecting them, in every facet of their daily lives; and

**WHEREAS,** This Legislative Body is justly proud to memorialize Governor Kathy Hochul to proclaim April 20-24, 2026, as Every Kid Healthy Week in the State of New York, in conjunction with the observance of National Every Kid Health Week; and

**WHEREAS,** New York's future relies upon its youth; more than 20% of New York's population is under 18 years of age; and

**WHEREAS,** Over 15.9% of New York's children are considered obese; and

**WHEREAS,** Action For Healthy Kids (AFHK) is a nationwide grassroots network mobilizing school professionals, families and communities to take actions that lead to improvements in school-based foods, nutrition education, physical activity and education, all of which have been shown to improve student health, learning and academic performance; and

**WHEREAS,** Launched by AFHK in 2013, Every Kid Healthy Week is an annual observance designed to celebrate school wellness achievements, and shine a spotlight on the epidemic of childhood obesity and the connection between healthy eating, physical activity and academic success; and

**WHEREAS,** The prevalence of children in New York considered overweight or obese has increased since 2003; and

**WHEREAS,** Being overweight as a child increases the risk of being obese as a young adult; and

**WHEREAS,** Childhood obesity is a major health epidemic facing this State, and these health concerns lead to higher health care costs that negatively impact New York's taxpayers; and

**WHEREAS,** Being overweight as a child can lead to serious health problems, such as heart disease, Type 2 diabetes, asthma, sleep problems, low self-esteem and being bullied; and

**WHEREAS,** Regular physical activity can produce long-term health benefits; and

**WHEREAS,** According to the Physical Activity Guidelines for Americans report issued by the United States Department of Health and Human

Services, children, and adolescents benefit from 60 minutes or more of physical activity daily through a combination of aerobic, muscle strengthening, and bone strengthening activities; and

**WHEREAS,** Health benefits for children and adolescents associated with regular physical activity include improved cardiorespiratory and muscular fitness, improved bone health, favorable body composition, reduced symptoms of depression and improved academic performance; and

**WHEREAS,** Obesity and physical inactivity are directly linked to increasing public and private health care costs; and

**WHEREAS,** Nationally, 90% of annual health care expenditures go toward the diagnosis and treatment of chronic and mental health conditions, many of which have been linked to obesity and physical inactivity; and

**WHEREAS,** New York State has the highest health care costs per capita, ranking first in the Nation; and

**WHEREAS,** In response to the health challenges facing New York's adolescents, many health clubs in this State have created programs targeting children and adolescents and have also developed specific programs for families to exercise and live healthier lives together; and

**WHEREAS,** Parents are a positive influence in helping their children eat healthier food and become more physically active; and

**WHEREAS,** Promoting healthy behavior promotes a healthy population in general, reduces health care costs and provides a healthier and more productive work force; and

**WHEREAS,** In order to improve the quality of life for many New Yorkers and to prevent an increased burden on its taxpayers, the State needs to develop a coordinated approach to addressing the problem of childhood obesity; and

**WHEREAS,** Everyone in the country can get involved in Every Kid Healthy Week and be a part of the solution by supporting sound nutrition, regular physical activity and health-promoting programs at their schools; and

**WHEREAS,** It is the sense of this Legislative Body to promote the coordination of activities to support physical activity, and to encourage all New Yorkers to adopt a healthy lifestyle; now, therefore, be it

**RESOLVED,** That this Legislative Body pause in its deliberations to memorialize Governor Kathy Hochul to proclaim April 20-24, 2026, as Every Kid Healthy Week in the State of New York; and be it further

**RESOLVED,** That a copy of this Resolution, suitably engrossed, be transmitted to The Honorable Kathy Hochul, Governor of the State of New

York.