

MEMORANDUM

Agenda Item No. 11(A)(25)

TO: Honorable Chairman Joe A. Martinez
and Members, Board of County Commissioners

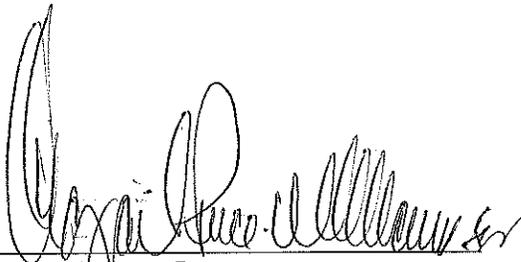
DATE: July 3, 2012

FROM: R. A. Cuevas, Jr.
County Attorney

SUBJECT: Resolution directing the
Mayor to implement a campaign
to encourage healthy eating and
living habits and educate the
residents of Miami-Dade
County

Resolution No. R-604-12

The accompanying resolution was prepared and placed on the agenda at the request of Prime Sponsor Senator Javier D. Souto.



R. A. Cuevas, Jr.
County Attorney

RAC/jls



MEMORANDUM

(Revised)

TO: Honorable Chairman Joe A. Martinez
and Members, Board of County Commissioners

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Please note any items checked.

- "3-Day Rule" for committees applicable if raised
- 6 weeks required between first reading and public hearing
- 4 weeks notification to municipal officials required prior to public hearing
- Decreases revenues or increases expenditures without balancing budget
- Budget required
- Statement of fiscal impact required
- Ordinance creating a new board requires detailed County Manager's report for public hearing
- No committee review
- Applicable legislation requires more than a majority vote (i.e., 2/3's ____, 3/5's ____, unanimous ____) to approve
- Current information regarding funding source, index code and available balance, and available capacity (if debt is contemplated) required

Approved _____ Mayor

Agenda Item No. 11(A)(25)

Veto _____

7-3-12

Override _____

RESOLUTION NO. R-604-12

RESOLUTION DIRECTING THE MAYOR OR MAYOR'S DESIGNEE TO IMPLEMENT A CAMPAIGN TO ENCOURAGE HEALTHY EATING AND LIVING HABITS AND EDUCATE THE RESIDENTS OF MIAMI-DADE COUNTY ABOUT THE HEALTH CONCERNS RELATED TO LACK OF EXERCISE AND POOR NUTRITION BY SHOWCASING BOOKS, MAGAZINES, VIDEOS, AND ANY OTHER INFORMATIVE MATERIALS CURRENTLY OWNED BY THE MIAMI-DADE COUNTY PUBLIC LIBRARY SYSTEM THAT RELATE TO HEALTH, FITNESS, AND NUTRITION IN A PROMINENT AND VISIBLE AREA IN ALL MIAMI-DADE COUNTY PUBLIC LIBRARY LOCATIONS FOR A PERIOD OF ONE YEAR.

WHEREAS, although death due to obesity is preventable, more than 40,000 Florida residents die annually from obesity-related diseases; and

WHEREAS, in 2011, Florida ranked as the 29th-most-obese state in the country; and

WHEREAS, in 2008, more than 60 percent of adults and 30 percent of children in Florida were overweight and at least half of these people were obese, with a body mass index greater than 30; and

WHEREAS, the number of overweight and obese children has tripled in the last 20 years; and

WHEREAS, approximately 60 percent of overweight children have at least one risk factor for cardiovascular disease and 25 percent of overweight children have two or more risk factors; and

WHEREAS, excessive body weight affects virtually every organ system in the body and increases the risks of diabetes, heart attack, stroke, cancer, sleep apnea and osteoarthritis; and

WHEREAS, obesity-related medical expenditures for adults in Florida total more than \$5 billion annually, with over half of these costs being financed by Medicare and Medicaid; and

WHEREAS, the economic effects of obesity far surpass this \$5 billion expenditure when missed workdays, other costs outside the medical care system and the economic value of reduced longevity and quality of life are considered; and

WHEREAS, 25.8 million children and adults in the United States—8.3 percent of the population—have diabetes; and

WHEREAS, in 2011, Florida ranked as the 10th highest state in the United States for diabetes incidence rates; and

WHEREAS, in 2010, 1,478,000 Floridians were diagnosed by a doctor to have diabetes; and

WHEREAS, 219,000 out of the 1,478,000 Floridians diagnosed with diabetes were between the ages of 18 and 44; and

WHEREAS, 621,000 out of the 1,478,000 Floridians diagnosed with diabetes were between the ages of 65 and 74; and

WHEREAS, 310,000 out of the 1,478,000 Floridians diagnosed with diabetes were 75 years of age or older; and

WHEREAS, nationally, diabetes costs \$174 billion annually in direct medical costs; and

WHEREAS, nationally, diabetes costs \$40 billion annually in indirect costs, such as loss of work, disability, and loss of life; and

WHEREAS, in 2004, heart disease was noted on 68 percent of diabetes-related death certificates among people aged 65 years or older; and

WHEREAS, adults with diabetes have heart disease death rates approximately 2 to 4 times higher than adults without diabetes; and

WHEREAS, the risk for stroke is 2 to 4 times higher among people with diabetes; and

WHEREAS, in 2005 through 2008, 67 percent of the adults aged 20 years or older with self-reported diabetes had blood pressure greater than or equal to 140/90 mmHg or used prescription medications for hypertension; and

WHEREAS, diabetes is the leading cause of new cases of blindness among adults aged 20–74 years; and

WHEREAS, diabetes is the leading cause of kidney failure, accounting for 44 percent of new cases in 2008; and

WHEREAS, poor nutrition and lack of exercise can lead to a plethora of physical and mental health problems; and

WHEREAS, the National Institute of Health linked long-term poor nutrition with a number of physical issues, such as, obesity, high cholesterol, diabetes, heart disease, cancer, gallstones, gout and many other health problems; and

WHEREAS, according to the American Heart Association, lack of exercise drastically increases the risk of heart problems -- specifically coronary artery disease, in which arteries become clogged with cholesterol and other fatty materials and prevent sufficient blood supply to the heart; and

WHEREAS, lack of exercise also increases the risk of additional risk factors for coronary artery disease, including high blood pressure and cholesterol levels, being obese, and developing diabetes; and

WHEREAS, Arizona State University researchers report a direct correlation between exercise and mental health; and that exercise reduces symptoms of depression and anxiety; and

WHEREAS, showcasing books, magazines, videos, and other informative materials that promote healthy eating and living habits in a prominent area in each Miami-Dade County Public Library location will help educate the residents of Miami-Dade County about the health concerns related to lack of exercise and poor nutrition; and

WHEREAS, such a showcase would also help encourage the residents of Miami-Dade County to make healthier eating and living choices, promote better exercise habits, and help lower the alarming obesity, diabetes, and heart disease rates,

NOW, THEREFORE, BE IT RESOLVED BY THE BOARD OF COUNTY COMMISSIONERS OF MIAMI-DADE COUNTY, FLORIDA, that this Board directs the Mayor or Mayor's designee to implement a campaign to encourage healthy eating and living habits and educate the residents of Miami-Dade County about the health concerns related to lack of exercise and poor nutrition by showcasing books, magazines, videos, and any other informative materials currently owned by the Miami-Dade County Public Library System that relate to health, fitness, and nutrition in a prominent and visible area in all Miami-Dade County Public Library locations for a period of one year starting within ninety (90) days of the adoption of this resolution.

The Prime Sponsor of the foregoing resolution is Senator Javier D. Souto. It was offered by Commissioner **José "Pepe" Diaz**, who moved its adoption. The motion was seconded by Commissioner **Audrey Edmonson** and upon being put to a vote, the vote was as follows:

	Joe A. Martinez, Chairman	aye	
	Audrey M. Edmonson, Vice Chairwoman	aye	
Bruno A. Barreiro	aye	Lynda Bell	aye
Esteban L. Bovo, Jr.	aye	Jose "Pepe" Diaz	aye
Sally A. Heyman	aye	Barbara J. Jordan	aye
Jean Monestime	aye	Dennis C. Moss	aye
Rebeca Sosa	aye	Sen. Javier D. Souto	absent
Xavier L. Suarez	aye		

The Chairperson thereupon declared the resolution duly passed and adopted this 3rd day of July, 2012. This resolution shall become effective ten (10) days after the date of its adoption unless vetoed by the Mayor, and if vetoed, shall become effective only upon an override by this Board.

MIAMI-DADE COUNTY, FLORIDA
BY ITS BOARD OF
COUNTY COMMISSIONERS

HARVEY RUVIN, CLERK



By: **Christopher Agrippa**
Deputy Clerk

Approved by County Attorney as
to form and legal sufficiency.

APA

Annery Pulgar Alfonso

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