

**“Make Every Day Healthy Snack Day Month”, October 2021 and
“Make Every Day Healthy Snack Day Week of Action”, October 25 - 29, 2021**

WHEREAS, the Alameda County Nutrition Services Program of the Alameda County Public Health Department, Community Health Services Division is organizing a “Make Every Day Healthy Snack Day Month” and “Make Every Day Healthy Snack Day Week of Action”, Oct. 25 – 29, 2021, to raise awareness about the importance of nutritious snacking every day; and

WHEREAS, healthy eating is one of the most powerful tools we have to reduce the onset of disease; people with healthy eating patterns live longer and are at lower risk for serious health problems; and

WHEREAS, American children tend to consume snacks that are calorie-rich and nutrient-poor, which is concerning when more than 30% of children and adolescents are overweight or obese; and

WHEREAS, diet-related chronic diseases, such as cardiovascular disease, type 2 diabetes, obesity, liver disease, some types of cancer, and dental caries, pose a major public health problem for Americans; and

WHEREAS, in children, snacking makes up about 27% of their daily calorie intake and there has been a substantial increase in snacking habits over the past few decades; and

WHEREAS, 18.8% of children in Alameda County report drinking one or more sugar sweetened beverages per day and research shows that for every additional sugary drink a child consumes, the risk of obesity increases by 60%; and

WHEREAS, more than half of adults (52.4%) and more than a third of teens (36.8%) are overweight or obese in Alameda County; and 13.6% of children aged 2-11 are overweight for their age in Alameda County; and

WHEREAS, data from the National Health and Nutrition Examination Survey show that children do not obtain enough calcium, vitamin D, fiber, and potassium, but have high intakes of calories, carbohydrates, and sodium. Snacks such as low-sugar yogurt, fresh fruit, raw vegetables, and nuts can help provide these needed nutrients in young children and preadolescents while controlling excess calories; and

WHEREAS, the Alameda County Public Health Department is committed to preventing obesity and chronic disease.

NOW THEREFORE this Board of Supervisors, County of Alameda, State of California hereby proclaims October 2021 as “Make Every Day Healthy Snack Day Month” and October 25 – 29, 2021, as “Make Every Day Healthy Snack Day Week of Action” in Alameda County.

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