



NEWS RELEASE

GOVERNOR'S COMMUNICATIONS OFFICE

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BREDESEN PROCLAIMS OCTOBER 5-11 CHILD HEALTH WEEK IN TENNESSEE

NASHVILLE - Governor Phil Bredesen and the Governor's Office of Children's Care Coordination have proclaimed October 5-11 Child Health Week in Tennessee. Child Health Day was first proclaimed as a national event in 1928 by President Calvin Coolidge and celebrates its 81st observance this October. Tennesseans are encouraged to put the health and well-being of children first during Child Health Week, which will place special emphasis on the issue of childhood obesity.

"There's nothing more important than the health of our children," said Bredesen. "Childhood obesity is a serious and growing problem in our state, but by working together, we can make a difference. I encourage Tennessee's parents and adults to be good role models, make healthy food choices and support active lifestyles. Together we can secure a healthier future for all of Tennessee's children."

This year's theme "Healthy Youth, Healthy Future" is focused on childhood obesity, a serious and growing problem in Tennessee. Today, more than 40 percent of Tennessee's youth are considered to be overweight or obese, according to a 2007 study conducted by the Tennessee Department of Education. A 2006 report by the Robert Wood Johnson Foundation ranked Tennessee fourth in the nation for the percent of 10- to 17-year-olds who are obese.

"There are things all of us can do to make a difference," said Dr. Michael D. Warren, who serves as medical director for the Governor's Office of Children's Care Coordination. "Parents, teachers, neighbors and the community can serve as good role models. Habits form early in life, and just as parents work hard to help their children learn good habits like wearing seat belts, brushing teeth, and getting a good night's sleep, childhood is also the time to teach other good habits that will help kids grow up strong and live long, healthy lives."

"The state of Tennessee is committed to reducing childhood obesity and improving the health of Tennesseans," said Commissioner of Health Susan R. Cooper, MSN, RN. "Programs like [Get Fit Tennessee](#) offer support to families, teachers and other caregivers, and provide simple tips to help children get and stay active and eat more healthfully."

With delivery of health care as his primary goal, Bredesen established the Governor's Office of Children's Care Coordination in 2004 to streamline the many services available to children offered through state departments and the private sector.

For more information about this year's Child Health Week activities, resources for parents, schools and faith-based communities, and ways to get involved, please visit www.tennesseeanytime.org/gov/child-health/.

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