



NEWS RELEASE

GOVERNOR'S COMMUNICATIONS OFFICE

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CONTACT: LYDIA LENKER
615.741.3763 (OFFICE)
615.289.9375 (CELL)

ANDREA EWIN TURNER, HEALTH
615.741.3111 (OFFICE)
615.708.9384 (CELL)

BREDESEN PROCLAIMS OCTOBER 4-10 CHILD HEALTH WEEK IN TENNESSEE

NASHVILLE - Governor Phil Bredesen and the Governor's Office of Children's Care Coordination have proclaimed October 4-10 Child Health Week in Tennessee. Child Health Day was first proclaimed as a national event in 1928 by President Calvin Coolidge and celebrates its 83rd observance this October. Tennesseans are encouraged to put the health and well-being of children first during Child Health Week, and every week in the year ahead.

"There's nothing more important than the health of our children," said Bredesen. "Childhood obesity is a serious and growing problem that adults have an opportunity and a responsibility to help solve. During Child Health Week and every week, I encourage all Tennesseans 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 is "Healthy Youth, Healthy Future" to emphasize the belief that the health and well-being of children today are fundamental to the future progress and welfare of our state. Today, Tennessee ranks sixth in the nation for childhood overweight and obesity, with more than 30 percent of 10- to 17-year-olds who are obese, according to a 2010 report by the Robert Wood Johnson Foundation.

"We all have a responsibility for keeping Tennessee's children healthy," said Dr. Michael D. Warren, medical director for the Governor's Office of Children's Care Coordination. "Parents, teachers, neighbors and members of the community can serve as positive role models to help children see and practice healthy behaviors. Habits form early in life, and we must work hard to help children learn good habits like wearing seat belts, brushing teeth, getting yearly checkups and immunizations, so they can grow up strong and live long, healthy lives."

"The state of Tennessee is committed to reducing childhood obesity and improving the health of Tennesseans at all ages," 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."

Bredesen established the Governor's Office of Children's Care Coordination in 2004 to streamline the many health care delivery 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 communities, and a list of local events, please visit <http://www.tennesseeanytime.org/gov/child-health/>.

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