


F R O M	Name & Title	Olivia D. Farrow, Esq., RS Interim Health Commissioner <i>OF</i>	Health Department	 HEALTH DEPARTMENT CITY OF BALTIMORE 1797 BALTIMORE MARYLAND
	Agency Name & Address	Health Department 1001 E. Fayette Street Baltimore, Maryland 21201	MEMO	
	Subject	Council Bill 09-0167R – Baltimore City Public Schools – Are Current Physical Education Requirements Enough?		

To: President and Members
of the City Council
c/o
409 City Hall

November 19, 2009

The Baltimore City Health Department (BCHD) is pleased to have the opportunity to comment on Council Bill 09-0167R. The purpose of the bill is to request the CEO, the Director of the Office of Curriculum and Instruction, and the Education Specialist for Physical Education and Athletics of the Baltimore City School System to brief and provide analysis to the City Council on the physical education requirements for students grades Pre-K through 12.

Childhood obesity is a major health issue. Obesity leads to detrimental physical consequences, such as high blood pressure, high cholesterol, increased risk of heart disease, osteoarthritis, asthma, and diabetes. Furthermore, obesity frequently becomes a life-long battle. Children with weight issues are more likely to continue the trend through adulthood.

The essential cause of this health issue is attributed to poor eating habits and lack of adequate exercise. Assisting families and children to adopt and maintain healthy eating and physical activity behaviors will greatly assist in combating this local and national health problem.

The Health Department supports any initiative that will lower the risk of becoming obese and developing related diseases.

Cc: Angela Gibson

