

SAN ANTONIO, TEXAS – San Antonio Congressman Charlie Gonzalez attended the Westside Healthy Kids Breakfast to provide a legislative update on health issues and to promote healthy lifestyle efforts to prevent childhood obesity and diabetes. Congressman Gonzalez issued the following statement regarding the event:

“Childhood obesity and diabetes are serious problems that we cannot ignore. We all know the statistics, and they are shocking. Not only does childhood obesity and diabetes pose severe health risks to children and their families, but they also increase the amount of money families spend on health care. The encouraging factor is that we know the solution to this problem. Unlike so many other diseases that we only know how to treat, childhood obesity and diabetes can be prevented by a healthier diet and a more active lifestyle.

“Unfortunately many of the programs that provide healthy food and lifestyle options for students and low income neighborhoods are being targeted for budget cuts. America needs to be serious about long-term deficit reduction and fiscal responsibility, but we do not need to do so at the expense of the most vulnerable Americans. However, we cannot give up under any circumstance on the endeavor of finding better health and lifestyles for our families. It is a difficult challenge, but one that I know San Antonio will be able to overcome because of our conviction and commitment to our children and our community’s future. I encourage and challenge all families in San Antonio to help their children live healthier, more active lifestyles, and as the federal representative for San Antonio, I stand committed to fighting to protect the programs that are dedicated to these goals.”

The breakfast, hosted by Health Kids, Healthy Communities and the San Antonio Metropolitan Health District, featured presentations from doctors, health partners, and community groups. Following the presentations, Congressman Gonzalez walked with attendees of the event to the Guadalupe Street Coffee to interact with students learning the art of healthy cooking.

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