
THE GENERAL ASSEMBLY OF PENNSYLVANIA

SENATE RESOLUTION

No. 328 Session of
2018

INTRODUCED BY SABATINA, FARNESE, FONTANA, SCHWANK, GREENLEAF,
DINNIMAN, BREWSTER, BROWNE, HUGHES AND RAFFERTY,
APRIL 23, 2018

INTRODUCED AND ADOPTED, APRIL 23, 2018

A RESOLUTION

1 Designating the week of April 23 through 27, 2018, as "Every Kid
2 Healthy Week" in Pennsylvania.

3 WHEREAS, Pennsylvania's future relies upon its youths; and

4 WHEREAS, More than 21% of this Commonwealth's total
5 population, approximately 2.7 million residents, are under 18
6 years of age; and

7 WHEREAS, Nearly 40% of Pennsylvania's children are considered
8 either overweight or obese; and

9 WHEREAS, The prevalence of Pennsylvania children considered
10 overweight or obese has decreased since 2008 because of healthy
11 initiatives; and

12 WHEREAS, Being overweight as a child increases the risk of
13 being obese as a young adult; and

14 WHEREAS, Childhood obesity is a major health epidemic facing
15 this Commonwealth, and these health concerns in turn lead to
16 higher health care costs that negatively impact Pennsylvania's
17 taxpayers; and

1 WHEREAS, Being overweight as a child can lead to serious
2 health problems such as heart disease, Type 2 diabetes, asthma,
3 sleep problems and low self-esteem; and

4 WHEREAS, Regular physical activity can produce long-term
5 health benefits; and

6 WHEREAS, One in six children in the United States is
7 overweight or obese; and

8 WHEREAS, According to the Physical Activity Guidelines for
9 Americans report issued by the United States Department of
10 Health and Human Services, children and adolescents benefit from
11 at least 60 minutes of physical activity daily through a
12 combination of aerobic, muscle strengthening and bone
13 strengthening activities; and

14 WHEREAS, Health benefits for children and adolescents
15 associated with regular physical activity include improved
16 cardiorespiratory and muscular fitness, improved bone health,
17 favorable body composition, reduced symptoms of depression and
18 improved academic performance; and

19 WHEREAS, Obesity and physical inactivity are not just limited
20 to an individual, but are directly linked to increasing public
21 and private health care costs; and

22 WHEREAS, Reversing the child and adolescent obesity epidemic
23 requires community involvement at all levels; and

24 WHEREAS, Less than one in three Pennsylvania youths meet
25 recommended levels of aerobic and muscle strengthening physical
26 activity; and

27 WHEREAS, In response to the health challenges facing
28 Pennsylvania's adolescents, many health clubs in this
29 Commonwealth have created programs targeting children and
30 adolescents, as well as specific programs for families to

1 exercise and live healthier lives together; and

2 WHEREAS, Parents are a positive influence in helping their
3 children eat healthier food and become more physically active;
4 and

5 WHEREAS, Promoting healthy behavior fosters a healthy
6 population in general, reduces health care costs and provides a
7 healthier and more productive workforce; and

8 WHEREAS, In order to improve the quality of life for many
9 Pennsylvanians and prevent an increased burden on taxpayers, the
10 Commonwealth needs to develop a coordinated approach to the
11 problem of childhood obesity; and

12 WHEREAS, The General Assembly supports legislative and
13 regulatory initiatives that encourage the coordination of
14 activities to support physical activity and encourage all
15 Pennsylvanians to adopt a healthy lifestyle; therefore be it

16 RESOLVED, That the Senate designate the week of April 23
17 through 27, 2018, as "Every Kid Healthy Week" in Pennsylvania.