
THE GENERAL ASSEMBLY OF PENNSYLVANIA

HOUSE RESOLUTION

No. 282 Session of
2017

INTRODUCED BY SANTORA, HENNESSEY, QUIGLEY, WATSON, BOBACK,
TOOHIL, DRISCOLL, BIZZARRO, SOLOMON, LONGIETTI, DAVIS,
V. BROWN, BAKER, CALTAGIRONE, MILLARD, PYLE, FREEMAN,
CHARLTON, RYAN, MURT, HILL-EVANS, KINSEY, DIGIROLAMO,
NEILSON, CORR, WARD, SAYLOR, STAATS AND MICCARELLI,
APRIL 24, 2017

INTRODUCED AS NONCONTROVERSIAL RESOLUTION UNDER RULE 35,
APRIL 24, 2017

A RESOLUTION

1 Designating the week of April 24 through 28, 2017, as "Every Kid
2 Healthy Week" in Pennsylvania.

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

4 WHEREAS, More than 15% of Pennsylvania's total population, or
5 1.9 million residents, are under 18 years of age; and

6 WHEREAS, Nearly 27% of Pennsylvania's children are considered
7 either overweight or obese; and

8 WHEREAS, Since 2008, the incidence of Pennsylvania children
9 considered overweight or obese has decreased because of healthy
10 initiatives; and

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

13 WHEREAS, Childhood obesity is a major health epidemic facing
14 this Commonwealth; and

15 WHEREAS, Related health concerns lead to higher health care

1 costs, which negatively impact Pennsylvania's taxpayers; and

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

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

7 WHEREAS, One in three children in the United States are
8 overweight or obese before their fifth birthday; and

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

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

20 WHEREAS, Obesity and physical inactivity are directly linked
21 to increasing public 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 20% of 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 Pennsylvania
29 have created programs targeting children and adolescents and
30 developed specific programs for families to exercise and live

1 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 promotes a healthy
6 population in general, reduces health care costs and provides a
7 healthier and more productive work force; therefore be it

8 RESOLVED, That the House of Representatives designate the
9 week of April 24 through 28, 2017, as "Every Kid Healthy Week"
10 in Pennsylvania; and be it further

11 RESOLVED, That in order to improve the quality of life for
12 many Pennsylvanians and to prevent an increased burden on its
13 taxpayers, the Commonwealth needs to develop a coordinated
14 approach to addressing the problem of childhood obesity; and be
15 it further

16 RESOLVED, That the General Assembly support legislative and
17 regulatory initiatives that support the coordination of
18 activities to support physical activity and encourage all
19 Pennsylvanians to adopt a healthy lifestyle.