
THE GENERAL ASSEMBLY OF PENNSYLVANIA

HOUSE RESOLUTION

No. 501 Session of
2007

INTRODUCED BY PAYTON, OLIVER, KENNEY, BRENNAN, CIVERA, COHEN,
CRUZ, CUTLER, DALEY, DiGIROLAMO, EACHUS, FABRIZIO, GEORGE,
GIBBONS, GINGRICH, GRUCELA, HENNESSEY, JAMES, JOSEPHS, KORTZ,
LEACH, MACKERETH, MAJOR, McCALL, McGEEHAN, MELIO, MOYER,
MUSTIO, PALLONE, PARKER, RAMALEY, READSHAW, SAINATO, SANTONI,
SAYLOR, SONNEY, TURZAI, VULAKOVICH, WATERS, WATSON,
YOUNGBLOOD, PEIFER, W. KELLER AND MYERS, NOVEMBER 2, 2007

REFERRED TO COMMITTEE ON HEALTH AND HUMAN SERVICES,
NOVEMBER 2, 2007

A RESOLUTION

1 Directing the House of Representatives Health and Human Services
2 Committee to develop recommendations for sports nutrition and
3 sports nutritional supplements.

4 WHEREAS, In school settings, high school athletes may have
5 limited access to current and appropriate dietary and
6 nutritional advice to meet their needs of intense exercise and
7 physical activity; and

8 WHEREAS, Many high school districts in this Commonwealth have
9 become increasingly concerned about the abuse of steroids and
10 illegal performance-enhancing dietary supplements; and

11 WHEREAS, The Commonwealth has adopted school wellness and
12 nutrition policies, but has not focused on the particular needs
13 of young athletes; and

14 WHEREAS, Existing Federal and State laws have not adequately
15 covered new food and nutritional product definitions and do not

1 directly address the expanded nutritional requirements of
2 teenage athletes, which has resulted in confusion among student
3 athletes, parents and coaches; and

4 WHEREAS, Many high school athletes do not receive sound and
5 effective information on sports nutrition food alternatives to
6 banned substances; and

7 WHEREAS, Families and parents of high school athletes have
8 expressed concern that their student athletes are not getting
9 enough information about proper nutrition; and

10 WHEREAS, Many parents have expressed their confidence in
11 coaches to advise and counsel their athletes on all physical and
12 mental aspects of training; and

13 WHEREAS, The Commonwealth's high school coaches may also
14 benefit from specialized training and continuing education to
15 expand their knowledge of effective dietary and nutrition
16 programs that benefit their athletes; and

17 WHEREAS, There is a public health need to effectively and
18 appropriately guide high school athletes on proper diet and
19 nutrition programs and away from banned substances and
20 inappropriate dietary supplements; therefore be it

21 RESOLVED, That the House of Representatives Health and Human
22 Services Committee develop recommendations to be submitted to
23 the House of Representatives no later than November 30, 2008;
24 and be it further

25 RESOLVED, That the Health and Human Services Committee
26 consider, prepare and recommend a sports nutrition educational
27 program directed at teenage athletes that may be utilized by
28 high school coaches and athletic directors as part of sport-
29 specific or interscholastic training programs; and be it further

30 RESOLVED, That the Health and Human Services Committee shall

1 incorporate in its review and report the following:

2 (1) The fundamentals of nutrition with regard to the
3 requirements necessary to achieve healthy performance during
4 periods of intense physical training and exercise and
5 adequate physical recovery including a healthy immune system.

6 (2) The identification and use of appropriate sports
7 nutrition foods as part of a healthy, balanced nutrition and
8 training program.

9 (3) Information on the dangers of prohibited substances
10 as enumerated by the United States Anti-Doping Agency Guide
11 to Prohibited Substances and Prohibited Methods of Doping;

12 and be it further

13 RESOLVED, That the Health and Human Services Committee
14 prepare a recommended plan for a sports nutrition education
15 program capable of reaching all Commonwealth high school
16 athletes, including recommendations on any funding that may be
17 necessary for the ongoing training and education of high school
18 coaches.