
THE GENERAL ASSEMBLY OF PENNSYLVANIA

HOUSE RESOLUTION

No. 468 Session of
2009

INTRODUCED BY GRELL, BAKER, BARRAR, BENNINGHOFF, BEYER, BOBACK,
CLYMER, CUTLER, DELOZIER, DIGIROLAMO, EVERETT, FABRIZIO,
FAIRCHILD, GEIST, GINGRICH, HELM, HENNESSEY, M. KELLER,
KORTZ, KOTIK, LONGIETTI, MAJOR, MARSHALL, MENSCH, MILLARD,
MILNE, MOUL, MURPHY, OBERLANDER, O'NEILL, PALLONE, PAYNE,
PHILLIPS, PICKETT, PYLE, QUINN, RAPP, REICHLEY, ROCK, ROSS,
SANTONI, SAYLOR, SIPTROTH, SONNEY, STERN, SWANGER, TALLMAN,
TRUE, TURZAI, VULAKOVICH AND PASHINSKI, SEPTEMBER 18, 2009

INTRODUCED AS NONCONTROVERSIAL RESOLUTION UNDER RULE 35,
SEPTEMBER 18, 2009

A RESOLUTION

1 Designating the first week of October 2009 as "Children Healthy
2 Lifestyles Week" in Pennsylvania.

3 WHEREAS, The prevalence of obesity among Pennsylvania's
4 children is alarming; and

5 WHEREAS, Based on recent data, almost 30% of school-aged
6 children are overweight or obese; and

7 WHEREAS, Thirty years ago, less than 5% of children were
8 considered obese, and today's figures put the number of obese
9 American children around 16%; and

10 WHEREAS, The United States Surgeon General has found that
11 overweight children have a 70% chance of becoming overweight
12 adults and, without good weight management, these children have
13 an increased risk for coronary disease, Type II diabetes,
14 hypertension, arthritis, some forms of cancer, joint pain and

1 other health problems as they mature; and

2 WHEREAS, The challenge of educating children on this weight
3 problem is to reach the children who need it the most; and

4 WHEREAS, The Cross PA Health Ride during the week of October
5 4 through 10, 2009, will maximize the message of childhood
6 obesity prevention in Pennsylvania; and

7 WHEREAS, The Cross PA Health Ride events will promote the
8 messages of:

9 (1) one or more hours of physical activity each day;

10 (2) two or less hours of screen time each day;

11 (3) three meals each day;

12 (4) four or more cups of water or low/no-calorie
13 beverages each day; and

14 (5) five or more servings of fruits and vegetables each
15 day;

16 and

17 WHEREAS, The Departments of Health, Public Welfare, Education
18 and Transportation are actively working to reduce childhood
19 obesity and are participating in the ride; and

20 WHEREAS, The United States Surgeon General is combating
21 childhood obesity with the "Healthy Youth for a Healthy Future"
22 initiative and is asking everyone to sign his pledge to work to
23 keep children healthy; and

24 WHEREAS, October 5 through 11 is designated as "International
25 Walk to School Week" and the Borough of Columbia received a \$1
26 million grant to make the routes to their three public schools
27 safer; therefore be it

28 RESOLVED, That the House of Representatives designate the
29 first week of October 2009 as "Children Healthy Lifestyles Week"
30 in Pennsylvania in order to raise awareness to reverse the

1 childhood overweight and obesity epidemic.