
THE GENERAL ASSEMBLY OF PENNSYLVANIA

HOUSE RESOLUTION

No. 782 Session of
2015

INTRODUCED BY SANTORA, QUIGLEY, KOTIK, CALTAGIRONE, BAKER,
BURNS, MACKENZIE, TOOHIL, LEWIS, DONATUCCI, HARHART,
BIZZARRO, VEREB, DIGIROLAMO, MARSICO, KILLION, GINGRICH,
WATSON, SONNEY, DUSH, MURT, YOUNGBLOOD, HENNESSEY, BOBACK,
NEILSON, SCHLOSSBERG, KINSEY, QUINN, SAINATO, EVERETT, ROSS,
D. COSTA, WARD, READSHAW, SCHLEGEL CULVER, PAYNE, GIBBONS AND
MILNE, APRIL 5, 2016

INTRODUCED AS NONCONTROVERSIAL RESOLUTION UNDER RULE 35,
APRIL 5, 2016

A RESOLUTION

1 Designating the week of April 25 through 29, 2016, as "Every Kid
2 Healthy Week" in Pennsylvania.

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

4 WHEREAS, More than 21% of Pennsylvania's total population, or
5 2.7 million residents, are under 18 years of age; and

6 WHEREAS, Nearly 30% of Pennsylvania's children are considered
7 overweight or obese; and

8 WHEREAS, The prevalence of children in this Commonwealth
9 considered overweight or obese has increased since 2003; and

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

12 WHEREAS, Childhood obesity is a major health epidemic facing
13 this Commonwealth, and these health concerns lead to higher
14 health care costs that negatively impact Pennsylvania's
15 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, low self-esteem and being bullied; and

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

6 WHEREAS, The number of health club members who are under 18
7 years of age has increased 33% in Pennsylvania and 60%
8 nationally; 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, Nationally, 75% of health care expenditures go
23 toward the diagnosing and treatment of chronic diseases, many of
24 which have been linked to obesity and physical inactivity; and

25 WHEREAS, Pennsylvania has some of the highest health care
26 costs, ranking 11th out of 51 in health care spending per
27 capita; and

28 WHEREAS, Less than 20% of Pennsylvania's youth meet
29 recommended levels of aerobic and muscle strengthening physical
30 activity; and

1 WHEREAS, In response to the health challenges facing
2 Pennsylvania's adolescents, many health clubs in this
3 Commonwealth have created programs targeting children and
4 adolescents and have also developed specific programs for
5 families to exercise and live healthier lives together; and

6 WHEREAS, Parents are a positive influence in helping their
7 children eat healthier food and become more physically active;
8 and

9 WHEREAS, Promoting healthy behavior promotes a healthy
10 population in general, reduces health care costs and provides a
11 healthier and more productive work force; therefore be it

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

17 RESOLVED, That the General Assembly support legislative and
18 regulatory initiatives that promote the coordination of
19 activities to support physical activity and to encourage all
20 Pennsylvanians to adopt a healthy lifestyle; and be it further

21 RESOLVED, That the House of Representatives designate the
22 week of April 25 through 29, 2016, as "Every Kid Healthy Week"
23 in Pennsylvania.