

THE GENERAL ASSEMBLY OF PENNSYLVANIA

HOUSE RESOLUTION

No. 223 Session of 2019

INTRODUCED BY FARRY, WARREN, SONNEY, BURNS, BIZZARRO, FRANKEL, DONATUCCI, HILL-EVANS, BROWN, KORTZ, McNEILL, MERSKI, PICKETT, MURT, READSHAW, DiGIROLAMO, CALTAGIRONE, STAATS, SCHLEGEL CULVER, LONGIETTI, MILLARD, KINSEY AND DALEY, APRIL 11, 2019

INTRODUCED AS NONCONTROVERSIAL RESOLUTION UNDER RULE 35, APRIL 11, 2019

A RESOLUTION

1 Designating the week of April 22 through 26, 2019, as "Every Kid  
2 Healthy Week" in Pennsylvania.

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

4 WHEREAS, Approximately 2.7 million individuals, or more than  
5 21% of Pennsylvania's total population, are under 18 years of  
6 age; and

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

9 WHEREAS, The prevalence of Pennsylvania children considered  
10 overweight or obese has decreased since 2008 because of health  
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 in this  
15 Commonwealth, and these health concerns, in turn, lead to higher  
16 health care costs that negatively impact Pennsylvania's

1 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 and low self-esteem; and

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

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

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

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

20 WHEREAS, Less than one in three Pennsylvania youth meet  
21 recommended levels of aerobic and muscle-strengthening physical  
22 activity; and

23 WHEREAS, In response to the health challenges facing  
24 Pennsylvania's adolescents, many health clubs in this  
25 Commonwealth have created programs targeting children and  
26 adolescents and have also developed specific programs for  
27 families to exercise and live healthier lives together; and

28 WHEREAS, Parents are a positive influence in helping their  
29 children eat healthier foods and become more physically active;  
30 and

1       WHEREAS, Promoting healthy behavior promotes a healthy  
2 population in general, reduces health care costs and provides a  
3 healthier and more productive workforce; therefore be it

4       RESOLVED, That the House of Representatives designate the  
5 week of April 22 through 26, 2019, as "Every Kid Healthy Week"  
6 in Pennsylvania; and be it further

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

12       RESOLVED, That the House of Representatives support  
13 legislative and regulatory initiatives that promote physical  
14 activity and encourage all Pennsylvanians to adopt a healthy  
15 lifestyle.