

---

THE GENERAL ASSEMBLY OF PENNSYLVANIA

---

HOUSE RESOLUTION

No. 644 Session of  
2019

---

INTRODUCED BY BULLOCK, BIZZARRO, KORTZ, MILLARD, LONGIETTI,  
FREEMAN, HENNESSEY, SCHLOSSBERG, KINSEY, DIGIROLAMO, RYAN,  
MURT, BURNS, YOUNGBLOOD, CIRESI, READSHAW AND HILL-EVANS,  
DECEMBER 17, 2019

---

REFERRED TO COMMITTEE ON HEALTH, DECEMBER 17, 2019

---

A RESOLUTION

1 Designating the week of January 19 through 25, 2020, as "Healthy  
2 Weight Week" and designating January 23, 2020, as "Women's  
3 Healthy Weight Day" in Pennsylvania.

4 WHEREAS, The 25th annual "Healthy Weight Week" celebrates  
5 healthy diet-free living habits that last a lifetime and prevent  
6 eating-related and weight-related problems; and

7 WHEREAS, During "Healthy Weight Week," individuals are  
8 encouraged to improve eating and exercise habits in lasting ways  
9 and normalize their lives by healthy eating without dieting,  
10 living actively and feeling good about themselves and others;  
11 and

12 WHEREAS, Body dissatisfaction and the unhealthy methods  
13 employed to try to change an individual's body into what is  
14 often completely unrealistic are issues that deserve as much  
15 attention as the rise of obesity in this country; and

16 WHEREAS, Led by senior statistician Katherine Flegal and  
17 published in the *Journal of the American Medical Association*,

1 extensive research at the National Center for Health Statistics  
2 shows that, relative to normal weight, obesity and grades 2 and  
3 3 obesity, or a body mass index (BMI) over 30, were associated  
4 with significantly higher all-cause mortality, while overweight  
5 individuals with a BMI of 25-30 tend to live longer; and

6 WHEREAS, "Healthy Weight Week" promotes women's healthy  
7 weight awards in an effort to change weight messaging by  
8 encouraging advertisers and television producers to portray  
9 healthy, active women in a wider range of sizes; and

10 WHEREAS, "Women's Healthy Weight Day" falls on the Thursday  
11 of "Healthy Weight Week" and similarly advocates for optimizing  
12 women's health by improving lifestyle choices such as eating  
13 healthy and being active; and

14 WHEREAS, In emphasizing the value of supporting size  
15 diversity, "Healthy Weight Week" and "Women's Healthy Weight  
16 Day" undercut the thinness ideal, which research has shown  
17 causes a great deal of pain and unhealthy behaviors in women,  
18 including eating disorders and body image disturbance; therefore  
19 be it

20 RESOLVED, That the House of Representatives designate the  
21 week of January 19 through 25, 2020, as "Healthy Weight Week"  
22 and designate January 23, 2020, as "Women's Healthy Weight Day"  
23 in Pennsylvania.