
THE GENERAL ASSEMBLY OF PENNSYLVANIA

HOUSE RESOLUTION

No. 634 Session of
2017

INTRODUCED BY BULLOCK, READSHAW, THOMAS, DONATUCCI, HENNESSEY,
DRISCOLL, LONGIETTI, SOLOMON, DIGIROLAMO, D. COSTA,
SCHLOSSBERG, KINSEY, YOUNGBLOOD, NEILSON, MILLARD, HEFFLEY,
SCHWEYER AND MURT, DECEMBER 22, 2017

INTRODUCED AS NONCONTROVERSIAL RESOLUTION UNDER RULE 35,
DECEMBER 22, 2017

A RESOLUTION

1 Recognizing the week of January 14 through 20, 2018, as "Healthy
2 Weight Week" and recognizing January 18, 2018, as "Women's
3 Healthy Weight Day" in Pennsylvania.

4 WHEREAS, The 23rd 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, The Centers for Disease Control and Prevention has
13 released studies suggesting that the real weight epidemic in
14 this country is about body dissatisfaction and the unhealthy
15 methods employed to try to change bodies into what is often
16 completely unrealistic for an individual; and

17 WHEREAS, Led by senior statistician Katherine Flegal and

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

7 WHEREAS, These findings include individuals who fall in the
8 broad range of BMIs from 22 to 40, which is the BMI range for
9 the majority of Americans; and

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

14 WHEREAS, In emphasizing the value of supporting size
15 diversity, this message undercuts the thinness ideal, which
16 research has shown causes a great deal of pain and unhealthy
17 behaviors in women, including eating disorders and body image
18 disturbance; therefore be it

19 RESOLVED, That the House of Representatives recognize the
20 week of January 14 through 20, 2018, as "Healthy Weight Week"
21 and recognize January 18, 2018, as "Women's Healthy Weight Day"
22 in Pennsylvania.