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THE GENERAL ASSEMBLY OF PENNSYLVANIA

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HOUSE RESOLUTION

No. 8

Session of  
2017

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INTRODUCED BY BULLOCK, DEAN, YOUNGBLOOD, DIGIROLAMO, KINSEY,  
HENNESSEY, MILLARD, CALTAGIRONE, WATSON, READSHAW, MURT,  
CONKLIN, D. COSTA, DONATUCCI, WARD, SCHLOSSBERG, BIZZARRO,  
EVERETT, V. BROWN, GILLEN, THOMAS, M. QUINN AND FREEMAN,  
JANUARY 23, 2017

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INTRODUCED AS NONCONTROVERSIAL RESOLUTION UNDER RULE 35,  
JANUARY 23, 2017

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A RESOLUTION

1 Recognizing the week of January 15 through 21, 2017, as "Healthy  
2 Weight Week" and recognizing Thursday, January 19, 2017, as  
3 "Women's Healthy Weight Day" in Pennsylvania.

4 WHEREAS, The 22nd annual "Healthy Weight Week" celebrates  
5 healthy diet-free living habits that last a lifetime and that  
6 prevent eating-related and weight-related problems; and

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

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

16 WHEREAS, Extensive research at the National Center for Health

1 Statistics, led by senior statistician Kathleen Flegal and  
2 published in the *Journal of the American Medical Association* in  
3 2005 and again in January 2013, shows that overweight  
4 individuals tend to live the longest; and

5 WHEREAS, These findings include individuals who fall in the  
6 broad range of body mass indexes (BMI) from 22 to 40, which is  
7 the BMI range for the majority of Americans; and

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

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

17 RESOLVED, That the House of Representatives recognize the  
18 week of January 15 through 21, 2017, as "Healthy Weight Week"  
19 and recognize Thursday, January 19, 2017, as "Women's Healthy  
20 Weight Day" in Pennsylvania.