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THE GENERAL ASSEMBLY OF PENNSYLVANIA

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HOUSE RESOLUTION

No. 842 Session of 2018

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INTRODUCED BY SANTORA, READSHAW, CHARLTON, DIGIROLAMO, NEILSON, MURT, HENNESSEY, RYAN, SCHLOSSBERG, BERNSTINE, TOOHL, LONGIETTI, BOBACK, DAVIS, SCHLEGEL CULVER, R. BROWN, MILLARD, KINSEY, BURNS, YOUNGBLOOD, SAYLOR, WATSON, SOLOMON, SCHWEYER AND WARD, APRIL 18, 2018

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INTRODUCED AS NONCONTROVERSIAL RESOLUTION UNDER RULE 35, APRIL 18, 2018

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A RESOLUTION

1 Designating the week of April 23 through 27, 2018, as "Every Kid  
2 Healthy Week" in Pennsylvania.

3 WHEREAS, Pennsylvania's future relies on its youths; and

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

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

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

1 taxpayers; and

2 WHEREAS, Being overweight as a child can lead to serious  
3 health problems, including heart disease, type 2 diabetes,  
4 asthma, sleep problems and low self-esteem; and

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

7 WHEREAS, One in six children in the United States are  
8 overweight or obese; 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 not just limited  
21 to an individual but are directly linked to increasing public  
22 and private health care costs; and

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

25 WHEREAS, Fewer than one in three Pennsylvania youths meet  
26 recommended levels of aerobic and muscle strengthening physical  
27 activity; and

28 WHEREAS, In response to the health challenges facing  
29 Pennsylvania's adolescents, many health clubs in Pennsylvania  
30 have created programs targeting children and adolescents and

1 have also developed specific programs for families to exercise  
2 and live healthier lives together; and

3 WHEREAS, Parents are a positive influence in helping their  
4 children eat healthier food and become more physically active;  
5 and

6 WHEREAS, Healthy behaviors promote a healthy population in  
7 general, reduced health care costs and a healthier, more  
8 productive workforce; therefore be it

9 RESOLVED, That the House of Representatives designate the  
10 week of April 23 through 27, 2018, as "Every Kid Healthy Week"  
11 in Pennsylvania; and be it further

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

16 RESOLVED, That the General Assembly support legislative and  
17 regulatory initiatives that support the coordination of  
18 activities to support physical activity and encourage all  
19 Pennsylvanians to adopt a healthy lifestyle.