
THE GENERAL ASSEMBLY OF PENNSYLVANIA

SENATE RESOLUTION

No. 345 Session of
2015

INTRODUCED BY SABATINA, DINNIMAN, HAYWOOD, GREENLEAF, TEPLITZ,
BREWSTER, RAFFERTY, BROWNE, BARTOLOTTA, FARNESE, FONTANA,
COSTA, SCHWANK, VULAKOVICH, YUDICHAK AND LEACH,
APRIL 13, 2016

INTRODUCED AND ADOPTED, APRIL 13, 2016

A RESOLUTION

1 Designating the week of April 25 through 29, 2016, as "Every Kid
2 Healthy Week" in Pennsylvania.

3 WHEREAS, Pennsylvania's future relies upon the success of its
4 youth; and

5 WHEREAS, More than 21% of this Commonwealth's total
6 population, approximately 2.7 million residents, are under 18
7 years of age; and

8 WHEREAS, Nearly 30% of Pennsylvania's children are considered
9 overweight or obese; and

10 WHEREAS, The prevalence of the designation of overweight or
11 obese in Pennsylvania children has increased since 2003; 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 these health concerns lead to higher
16 health care costs, which negatively impacts Pennsylvania
17 taxpayers; and

1 WHEREAS, Additionally, childhood obesity can lead to serious
2 health problems such as heart disease, Type 2 diabetes, asthma,
3 sleep problems and low self-esteem; and

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

6 WHEREAS, The number of health club members who are under 18
7 years of age has increased 33% in Pennsylvania and 60%
8 nationally; 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 at least 60 minutes 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 respiratory 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, Nationally, 75% of health care expenditures go
24 toward the diagnosis and treatment of chronic diseases, many of
25 which have been linked to obesity and physical inactivity; and

26 WHEREAS, Pennsylvania has some of the highest health care
27 costs, ranking 11 out of 51 in health care spending per capita;
28 and

29 WHEREAS, Less than 20% of Pennsylvania youth meet recommended
30 levels of aerobic and muscle strengthening physical activity;

1 and

2 WHEREAS, In response to the health challenges facing
3 Pennsylvania's adolescents, many health clubs in Pennsylvania
4 have created programs targeting children and adolescents and
5 have also developed specific programs for families to exercise
6 and live healthier lives together; and

7 WHEREAS, Parents are a positive influence in helping their
8 children eat healthier food and become more physically active;
9 and

10 WHEREAS, Promoting healthy behavior promotes a healthy
11 population in general, reduces health care costs and provides a
12 healthier and more productive work force; and

13 WHEREAS, In order to improve the quality of life for many
14 Pennsylvanians and to prevent an increased burden on its
15 taxpayers, the Commonwealth needs to develop a coordinated
16 approach to addressing the problem of childhood obesity; and

17 WHEREAS, The General Assembly supports legislative and
18 regulatory initiatives that encourage the coordination of
19 activities to support physical activity and a healthy lifestyle
20 for Pennsylvania families; therefore be it

21 RESOLVED, That the Senate designate the week of April 25
22 through 29, 2016, as "Every Kid Healthy Week" in Pennsylvania.