

---

THE GENERAL ASSEMBLY OF PENNSYLVANIA

---

SENATE RESOLUTION

No. 88 Session of  
2017

---

INTRODUCED BY SABATINA, FONTANA, BREWSTER, GREENLEAF, SCAVELLO,  
EICHELBERGER, BLAKE, DINNIMAN, LANGERHOLC, VOGEL, WARD,  
BARTOLOTTA, MCGARRIGLE, BROWNE, AUMENT AND FARNESE,  
APRIL 24, 2017

---

INTRODUCED AND ADOPTED, APRIL 24, 2017

---

A RESOLUTION

1 Designating the week of April 24 through 28, 2017, as "Every Kid  
2 Healthy Week" in Pennsylvania.

3 WHEREAS, Pennsylvania's future relies upon the success of its  
4 youths; 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 to be 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

16 WHEREAS, Related health concerns lead to higher health care  
17 costs, which negatively impacts Pennsylvania taxpayers; and

1       WHEREAS, Childhood obesity can lead to heart disease, Type 2  
2 diabetes, asthma, sleep problems and low self-esteem; and

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

5       WHEREAS, The number of health club members who are under 18  
6 years of age has increased 33% in Pennsylvania and 60%  
7 nationally; and

8       WHEREAS, According to the Physical Activity Guidelines for  
9 Americans report issued by the United States Department of  
10 Health and Human Services, children and adolescents benefit from  
11 at least 60 minutes of physical activity daily through a  
12 combination of aerobic, muscle strengthening and bone  
13 strengthening activities; and

14       WHEREAS, Health benefits for children and adolescents  
15 associated with regular physical activity include improved  
16 respiratory and muscular fitness, improved bone health,  
17 favorable body composition, reduced symptoms of depression and  
18 improved academic performance; and

19       WHEREAS, Obesity and physical inactivity are not just limited  
20 to an individual but are directly linked to increasing public  
21 and private health care costs; and

22       WHEREAS, Nationally, 75% of health care expenditures go  
23 toward the diagnosis and treatment of chronic diseases, many of  
24 which have been linked to obesity and physical inactivity; and

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

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

1       WHEREAS, In response to the health challenges facing  
2 adolescents, many health clubs in this Commonwealth have created  
3 programs targeting children and adolescents as well as specific  
4 programs for families to exercise and live healthier lives  
5 together; and

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

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

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

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

20       RESOLVED, That the Senate designate the week of April 24  
21 through 28, 2017, as "Every Kid Healthy Week" in Pennsylvania.