

112<sup>TH</sup> CONGRESS  
2<sup>D</sup> SESSION

# H. R. 4604

To amend the Public Health Service Act to provide for a national program to conduct and support activities toward the goal of significantly reducing the number of cases of overweight and obesity among individuals in the United States.

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## IN THE HOUSE OF REPRESENTATIVES

APRIL 24, 2012

Ms. NORTON introduced the following bill; which was referred to the Committee on Energy and Commerce

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## A BILL

To amend the Public Health Service Act to provide for a national program to conduct and support activities toward the goal of significantly reducing the number of cases of overweight and obesity among individuals in the United States.

1 *Be it enacted by the Senate and House of Representa-*  
2 *tives of the United States of America in Congress assembled,*

3 **SECTION 1. SHORT TITLE.**

4 This Act may be cited as the “Lifelong Improvements  
5 in Food and Exercise Act” or the “LIFE Act”.

6 **SEC. 2. FINDINGS.**

7 The Congress finds as follows:

1           (1) Currently, 64.5 percent of adults, age 20  
2           years and older, are either overweight or obese and  
3           35.7 million (more than one-third of the adult popu-  
4           lation) are obese.

5           (2) Among adults who were 20 to 74 years of  
6           age, the prevalence of obesity increased from 15.0  
7           percent in 1976 through 1980 to 32.9 percent in  
8           2003 through 2004.

9           (3) During 2003 through 2004, of children and  
10          adolescents who were 2 to 19 years of age, more  
11          than 12,500,000 (or 17.1 percent) were overweight.

12          (4) Since 1980, the percentage of children who  
13          are obese has more than doubled and the percentage  
14          of adolescents who are obese has more than tripled.

15          (5) More than one-third of adults do not get  
16          enough physical activity and adults have increased  
17          their caloric consumption.

18          (6) The rising rates of obesity portend greater  
19          disease and health conditions, including hyper-  
20          tension, high total cholesterol, Type 2 diabetes, coro-  
21          nary heart disease, stroke, gallbladder disease,  
22          osteoporosis, sleep apnea, respiratory problems, and  
23          some cancers, such as endometrial, breast, and  
24          colon.

1           (7) Many underlying factors have been linked to  
2 the increase in obesity, such as increased portion  
3 sizes; eating out more often; increased consumption  
4 of sugar-sweetened drinks; increased television, com-  
5 puter, and electronic gaming time; changed labor  
6 markets; and fear of crime, which prevents outdoor  
7 exercise.

8           (8) Chronic diseases account for 70 percent of  
9 all deaths each year. Although chronic diseases are  
10 among the most common and costly health problems,  
11 they are also among the most preventable. Adopting  
12 a healthy lifestyle, such as eating nutritious foods  
13 and engaging in physical activity, can prevent or  
14 control the devastating effects of these diseases.

15           (9) In 2008, overall medical costs related to  
16 obesity for adults were estimated to be as high as  
17 \$147 billion. People who were obese had medical  
18 costs that were on average \$1,429 greater than such  
19 costs for people of normal body weight.

20 **SEC. 3. REDUCTION IN PREVALENCE OF OBESITY; PRO-**  
21 **GRAM FOR LIFELONG IMPROVEMENTS IN**  
22 **FOOD AND EXERCISE.**

23           Part B of title III of the Public Health Service Act  
24 (42 U.S.C. 243 et seq.) is amended by inserting after sec-  
25 tion 317T the following new section:

1 **“SEC. 317U. REDUCTION IN PREVALENCE OF OBESITY.**

2       “(a) IN GENERAL.—The Secretary, acting through  
3 the Director of the Centers for Disease Control and Pre-  
4 vention, shall carry out a national program to conduct and  
5 support activities regarding individuals who are over-  
6 weight or obese in order to make progress toward the goal  
7 of significantly reducing the number of cases of overweight  
8 and obesity among individuals in the United States.

9       “(b) CERTAIN ACTIVITIES.—In carrying out sub-  
10 section (a), the Secretary shall (directly or through grants  
11 or contracts) carry out the following with respect to indi-  
12 viduals who are overweight:

13           “(1) Activities to train health professionals to  
14 recognize that patients are overweight and to rec-  
15 ommend prevention activities regarding such condi-  
16 tion, including educating patients on the relationship  
17 between such condition and cardiovascular disease,  
18 diabetes and other health conditions, and on proper  
19 nutrition and regular physical activities.

20           “(2) Activities to educate the public with re-  
21 spect to the condition of being overweight, including  
22 the development of a strategy for a public awareness  
23 campaign.

24           “(3) The development and demonstration of  
25 intervention strategies for use at worksites and in

1 community settings such as hospitals and commu-  
2 nity health centers.

3 “(c) AUTHORIZATION OF APPROPRIATIONS.—For the  
4 purpose of carrying out this section, there are authorized  
5 to be appropriated \$25,000,000 for fiscal year 2013, and  
6 such sums as may be necessary for each of the fiscal years  
7 2014 through 2016.”.

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