

116TH CONGRESS
2^D SESSION

H. R. 5683

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.

IN THE HOUSE OF REPRESENTATIVES

JANUARY 27, 2020

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

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 “Promoting Healthier
5 Lifelong Improvements in Food and Exercise Act of
6 2020” or the “LIFE Act”.

1 **SEC. 2. FINDINGS.**

2 The Congress finds as follows:

3 (1) Data from the Centers for Disease Control
4 and Prevention shows that in 2015–2016 close to 40
5 percent of adults in the United States were obese
6 and 71.6 percent of Americans were overweight or
7 obese. Approximately 7.7 percent of adults were se-
8 verely obese.

9 (2) Data from two National Health and Nutri-
10 tion Examination Surveys shows that the prevalence
11 of obesity among adults increased from 15.0 percent
12 in 1976–1980 to 39.8 percent in 2015–2016.

13 (3) In 2015–2016, the prevalence of obesity
14 among youth aged 2–19 was 18.5 percent and af-
15 fected approximately 13,700,000 children and ado-
16 lescents.

17 (4) The percentage of children and adolescents
18 who are obese has increased since 1971–1974, when
19 the percentage was 5 percent.

20 (5) In 2018, only 53.3 percent of United States
21 adults aged 18–64 met the 2008 Federal guidelines
22 for aerobic activity. The 2008 Federal Physical Ac-
23 tivity Guidelines for American Adults recommends
24 150 minutes a week of moderate-intensity aerobic
25 physical activity or 75 minutes a week of vigorous-
26 intensity aerobic physical activity.

1 (6) The rising rates of obesity portend greater
2 disease and health conditions, including hyper-
3 tension, high total cholesterol, Type 2 diabetes, coro-
4 nary heart disease, stroke, gallbladder disease,
5 osteoporosis, sleep apnea, respiratory problems, and
6 some cancers, such as endometrial, breast, and colon
7 cancer.

8 (7) Many underlying factors have been linked to
9 the increase in obesity, such as increasing portion
10 sizes, eating out more often, increased consumption
11 of sugar-sweetened drinks, increasing television,
12 computer, and electronic gaming time, changing
13 labor markets, and fear of crime, which prevents
14 outdoor exercise.

15 (8) Chronic diseases account for 1,700,000, or
16 70 percent, of all deaths in the United States each
17 year. Although chronic diseases are among the most
18 common and costly health problems, they are also
19 among the most preventable. Adopting a healthy
20 lifestyle, such as eating nutritious foods and engag-
21 ing in physical activity, can prevent or control the
22 devastating effects of these diseases.

23 (9) In 2008, overall medical costs related to
24 obesity for United States adults were estimated to
25 be as high as \$147,000,000,000. People who were

1 obese had medical costs that were on average \$1,429
2 higher than the cost for people of normal body
3 weight.

4 **SEC. 3. REDUCTION IN PREVALENCE OF OVERWEIGHT AND**
5 **OBESITY.**

6 Part B of title III of the Public Health Service Act
7 (42 U.S.C. 243 et seq.) is amended by inserting after sec-
8 tion 317T the following section:

9 **“SEC. 317U. REDUCTION IN PREVALENCE OF OVERWEIGHT**
10 **AND OBESITY.**

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

18 “(b) CERTAIN ACTIVITIES.—In carrying out sub-
19 section (a), the Secretary shall (directly or through grants
20 or contracts) carry out the following with respect to indi-
21 viduals who are overweight or obese:

22 “(1) Activities to train health professionals to
23 recognize that patients are overweight or obese and
24 to recommend prevention activities regarding such
25 condition, including educating patients on—

1 “(A) the relationship between such condi-
2 tion and cardiovascular disease, diabetes, and
3 other health conditions; and

4 “(B) the benefits of proper nutrition and
5 regular physical activities.

6 “(2) Activities to educate the public with re-
7 spect to the condition of being overweight or obese,
8 including the development of a strategy for a public
9 awareness campaign.

10 “(3) The development and demonstration of
11 intervention strategies for use at worksites and in
12 community settings such as hospitals and commu-
13 nity health centers.

14 “(c) AUTHORIZATION OF APPROPRIATIONS.—For the
15 purpose of carrying out this section, there are authorized
16 to be appropriated \$25,000,000 for fiscal year 2021, and
17 such sums as may be necessary for each of fiscal years
18 2022 and 2023.”.

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